

Chilli-Tomato Infused Pasta with Artichoke, Tuna and Lemon



R & J Mazza
GLOBE ARTICHOKES

Ingredients

350g Chilli-Tomato Egg Noodles,
(can be substituted with fettucine)
¼ teaspoon salt,

2 tablespoons light olive oil
1 medium onion, chopped,
2 cloves garlic,
2 tablespoons capers,

250g artichoke hearts, sliced,
185g can tuna in oil, drained & flaked,
Zest & juice from 1 lemon,
¼ cup white wine
1 cup baby peas, frozen,
375g fresh ricotta,

¼ cup fresh parsley,
1/3 cup parmesan cheese, grated,
Salt and cracked pepper, to taste,



Method

1. Cook peas in a saucepan of simmering water. When cooked, drain and set aside.
2. Boil water in a saucepan, and add noodles and salt. While cooking, prepare remaining ingredients.
3. Heat olive oil in a large frypan, add onion, garlic and capers. Cook for 2 minutes or until soft.
4. Add artichokes, tuna, lemon juice, lemon zest and wine. Continue to sauté for 1 minute to infuse flavours. Add peas and ricotta and stir well.
5. Drain noodles, (reserving 2 tablespoons of liquid). Add a drizzle of extra virgin olive oil to avoid it from sticking together, mix through.
6. Add noodles, reserved liquid and peas to artichoke mixture. Season with salt & pepper and mix well over heat.
7. Add parsley and parmesan cheese. Remove from heat and serve.

Serves 4-6

