



Pasta a la Nicoise

(makes 4 servings)

This is a sort of pasta puttanesca meets salad nicoise kind of dish and in addition to being really tasty, it can be very quickly thrown together - it's a staple on pasta night in my house! Just make sure you have the bulk of the ingredients on your shopping list and in the cupboard/fridge at all times and it all comes together pretty darned fast!

Ingredients

20 cherry tomatoes, halved
Extra virgin olive oil
Sea salt and freshly ground black pepper
1 medium red onion, peeled and finely chopped plus 1 garlic clove, peeled and crushed
220g best quality tuna in olive oil (tinned or jarred)
12 stoned black olives, halved plus 1 tablespoon capers
2 ready-roasted sweet red peppers in oil, drained and roughly chopped
2 teaspoons dried mixed Italian herbs
2 tablespoons anchovy paste
Grated zest of 1 lemon
350g dried pasta of choice
2 good handfuls finely chopped parsley leaves

Method

Preheat the oven to 200C/400F/Gas Mark 6. Place the tomatoes in a bowl, drizzle with a couple of teaspoons of olive oil, a good pinch of sea salt and a few grindings of black pepper, mix well then spread the tomatoes on a baking tray and roast in the oven on a high shelf until caramelised around the edges (around 15 minutes).

Sauté the onions with a tablespoon of oil and a pinch of sea salt in a large sauté pan over a medium heat until soft, add the garlic and continue to sauté for a further few minutes then add the tuna (oil included), olives, capers, peppers, herbs, anchovy paste and lemon zest, stir well and continue to sauté over a low heat. Carefully stir in the tomatoes when they are nicely roasted.

Cook the pasta according to packet instructions then using tongs or a slotted spoon, transfer the pasta to the sauté pan (plus a couple of tablespoons of the cooking water) and toss everything together. Check the seasoning before serving topping each dish generously with parsley.