

TheRecipeWorks - Tuna, Seafood & Pasta Harlequin.

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Serves: 4-6

2 tbsp Olive Oil (Chilli infused is good for this dish).

1 lge Onion, chopped.

1 each of red, green and yellow pepper, deseeded and chopped.

1 clove of garlic.

2 tins of tuna flakes.

400g can of chopped tomatoes.

2 tbsps of tomato puree.

Seafood Medley.(Squid, prawns, mussels etc). Bought from the chilled fish section of the supermarket or a selection of your choice from the fish counter.

Juice of 1/2 a lemon.

100g black olives, sliced.

250g pasta penne.

100g-150g of grated cheese (a mild to strong cheddar is ideal, due to the mature flavour).

Heat Oil in large pan. Add onions, garlic and peppers and cook until softened.

Add Tuna flakes, tomatoes and puree. Cook for 10 minutes, stirring occasionally.

Add seafood medley and lemon juice and cook for a further 5-10 minutes on a lower heat.

Cook pasta as per pack instructions and once cooked, add to the other ingredients. Stir well and ensure mixed well. Add sliced olives and stir through.

Transfer to large ovenproof lasagne dish and smooth and fill out the dish. Add grated cheese and place in preheated oven, 250c for approximately 30 minutes.

Serve with a side salad of shredded lettuce, sliced tomatoes and grated carrot, and a glass of white wine. Pinot Grigio goes particularly well with this dish. Enjoy.