

Chef John39s Spaghetti al Tonno

Savannah · 30/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

4

Description

Spaghetti al tonno is one of my alltime favorite goto pasta dishes I love a classic meat sauce as much as the next halfItalian but when I want something quick and easy for a weeknight meal I reach for the tuna What if you dont like fish Then this is perfect The taste and texture is really closer to a veal sauce than one made with fish

Ingredients

- - 2 tablespoons olive oil - 1 anchovy fillet - 2 tablespoons capers - 3 cloves minced garlic - ½ cup dry white wine - ¼ teaspoon dried oregano - 1 pinch red pepper flakes
- or to taste - 3 cups crushed Italian (plum) tomatoes (such as San Marzano) - salt and ground black pepper to taste - 1 pinch cayenne pepper
- or to taste - 1 (7 ounce) can oil-packed tuna
- drained - ¼ cup chopped fresh flat-leaf parsley - 1 (12 ounce) package spaghetti - 1 tablespoon extra-virgin olive oil
- or to taste - ¼ cup freshly grated Parmigiano-Reggiano cheese
- or to taste - 1 tablespoon chopped fresh flat-leaf parsley
- or to taste

Instructions

1. Heat olive oil in a large saucepan over medium heat. Cook and stir anchovy and capers in hot oil until anchovy crumbles
2. about 2 minutes. Add garlic; cook and stir until fragrant
3. about 1 minute. Pour white wine
4. oregano
5. and red pepper flakes into the skillet and increase heat to high; cook until mixture reduces and about 3 tablespoons of liquid remain
6. 2 to 4 minutes. Stir tomatoes into the skillet and bring to a simmer. Season tomato mixture with salt
7. black pepper
8. and cayenne pepper. Reduce heat to medium and simmer until slightly reduced
9. about 10 minutes. Stir tuna and 1/4 cup parsley into tomato sauce
10. breaking up tuna with a wooden spoon while stirring. Reduce heat to medium-low and simmer for about 10 minutes. Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water
11. stirring occasionally until almost cooked through and still slightly firm to the bite
12. 9 to 11 minutes. Drain and transfer spaghetti back to the pot. Pour tomato sauce over spaghetti into the pot; stir to combine
13. cover the pot with a lid
14. and let sit until spaghetti is cooked through
15. about 3 minutes. Ladle spaghetti into bowls
16. drizzle with extra-virgin olive oil
17. and sprinkle Parmigiano-Reggiano cheese and parsley over the top. Ann Leroux