



Jan39s PastaNPeas with Tuna and SunDried Tomatoes

Jacob · 29/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

30 mins

Description

This is a fresh and modern take on two recipes from my Italian motherinlaw Fresh peas in place of canned sun dried tomatoes in place of heavy tomato sauce and Bumble Beereg Solid White Albacore Tuna in Water replacing tuna in oil This is a fast and flavorful meal to put together with just a few shelf stable ingredients

Ingredients

- - 1 (16 ounce) package linguine pasta
- cooked and kept warm - 2 (5 ounce) cans Bumble Bee® Solid White Albacore Tuna in Water
- undrained - 1 (6 ounce) package frozen peas - 8 ounces fresh peas
- rinsed - 1 medium onion
- diced - 1 tablespoon minced garlic - ½ cup julienne cut sun-dried tomatoes with herbs
- drained
- oil reserved - 2 cups vegetable broth - Salt and black pepper to taste - 1 pinch Crushed red pepper flakes to taste - 1 tablespoon chopped fresh parsley - ¼ cup grated Parmesan cheese for topping (Optional)

Instructions

1. Place the oil from the sun dried tomatoes in a large saute pan over medium heat. Add in onions and garlic. Cook over medium heat until onions begin to turn translucent
2. about 4 minutes. Add the broth to the onions and bring to a simmer. Stir in the peas and the sun dried tomatoes. Cook for another 3 minutes. Peas should remain crisp so be careful not to over cook. Stir in undrained tuna and heat through. Be careful not to break up too many large pieces of the tuna while stirring. Cook about 2-3 minutes. Add salt and pepper to taste and crushed red pepper if desired. Serve immediately over hot pasta. Garnish with parsley and top with grated Parmesan cheese. Cook's Note: You can use any pasta you like. Serve with crusty bread and a crisp green salad.