

## Tuna Pasta Bake

Serves 5

- 1 T olive oil
- 3 cloves garlic, minced
- 1 small onion, finely diced
- 400 g crushed tomatoes
- 185 ml chicken broth
- 1 T Italian mixed herbs
- 1 T tomato paste
- 2 tsp sugar
- 1 tsp salt
- ½ tsp black pepper
- 425 g chunk tuna
- 200 g spiral pasta
- 150 g mozzarella, shredded  
*(or 45 g panko sprinkled with salt and drizzled with olive oil)*
- *Basil for garnish*



1. Preheat oven to **180°C**
2. Cook pasta per direction minus 1 minute. Drain, set aside

### Sauce:

3. Heat skillet over **med-high heat**. Add **garlic** and **onion**. **Cook for 3 min.** until golden
4. Add **tomatoes**, **broth**, **herbs**, **salt** and **pepper**, **tomato paste**. Stir, bring to simmer, **lower heat to medium** and **simmer for 5 minutes** until thickened.
5. Adjust **salt** to taste. Add **sugar** to taste.
6. Turn off stove, stir in pasta.
7. Add **tuna** and gently stir in. Don't break up tuna. Leave some chunks on the surface.
8. Drizzle with **oil**, top with **cheese** or **panko** (above), then **bake for 20 min.** until golden.
9. Sprinkle fresh **basil** on top.
10. **Let stand for 3 minutes**, then serve.

<https://www.recipetineats.com/tuna-pasta-bake/#wprm-recipe-container-21745>