



ARTICHOKE, TUNA & OLIVE PASTA

Categoria: First Courses **Tempo di preparazione:** 10 minutes **Difficoltà:** molto facile



Ingredienti per 4

- 4 globe artichokes (1.3kg)
- 2 tbsp extra virgin olive oil
- Zest and juice 1 lemon
- 250g wholewheat penne pasta
- 200g can tuna steak in olive oil
- 50g pitted black olives, sliced
- ½ x 25g pack parsley, roughly chopped

Preparation time: **10 minutes**

Cooking time: **20-25 minutes**

Serves: **4**

Method

Remove the tough leaves from the base of the artichokes and cut off the stems.

Cook in a large pan of boiling water for 20-25 minutes, depending on the size. If a leaf from the centre comes away easily, they are cooked.

Remove from the water and drain upside down.

Remove the leaves and scrap off the flesh from the base.

Remove and discard the 'hair', or choke with a teaspoon to reveal the artichoke heart.

Slice the hearts and marinate in the oil and lemon juice.

Meanwhile, cook the pasta according to pack instructions, drain, reserving a little cooking water.

Toss the tuna with the oil, olives, parsley and marinated hearts plus the marinade into the pasta along with a little cooking water.

Season to taste and serve.

Cooks tip: Swop the can of tuna for fresh salmon or tofu.

