

WINE AND OLIVE ESTATE

## SELF-SAUCING ONE POT PASTA

RECIPE 3/98

## What you will need:

- 3 tbsp Morgenster Extra Virgin Olive Oil
- 1 onion, finely chopped
- 2 cloves, garlic, finely chopped
- 2 zucchini halved lengthways and cut into ½ inch slices
- ½ tsp dried oregano
- 2 ½ cups boiling water
- 420g canned tomatoes chopped
- 2 tbsp Morgenster Black Olive Paste
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 240g short pasta like penne, spirals, shells or macaroni
- 180g good quality canned tuna in olive oil, drained and broken into chunks
- 1 tbsp finely chopped fresh parsley
- Finely grated Parmesan cheese for serving



## **How to prepare:**

Heat 2 tbsp extra virgin olive oil in a large pot.

Cook the onions for 5 minutes, stirring occasionally.

Add the garlic, zucchini and cook for 3 minutes.

Add the water, tomatoes, tomato paste, black olive paste, oregano, salt, pepper and pasta and bring to the boil.

Cover with a lid, reduce the heat to medium and cook for 20 minutes, stirring once to prevent the pasta sticking.

Stir in the remaining tablespoon of olive oil, tuna and parsley and serve sprinkled with Parmesan cheese.

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