

Linguine with Tuna and Garlic

Ingredients

1/2 lb Linguine
8 clv Garlic (sliced)
1/4 c Olive Oil
6 oz Tuna (drained and flaked)
3/4 c Parsley (chopped)
1/4 t Red Pepper Flakes
0 ds Salt
0 ds Ground Black Pepper

Instructions

1. Cook the linguine in a large pot of boiling water, stirring occasionally, until al dente. Reserve 1 cup of the pasta cooking water, then drain the pasta and return it to the pot.
2. Meanwhile, in a small saucepan, cook the garlic in the olive oil over low heat until lightly browned, about 10 minutes. Add 1/2 cup of the reserved pasta cooking water and the tuna, parsley and crushed red pepper and cook over moderate heat for 2 minutes.
3. Pour the sauce into the pot with the linguine, add the remaining 1/2 cup of pasta cooking water and simmer over high heat, tossing, until the sauce is mostly absorbed, about 2 minutes. Season with salt and pepper and serve.