



Tuna Arrabiata

Tuna Arrabiata is a deliciously satisfying meal, with refreshing and comforting flavours and textures. It creates a deliciously rich, thick and gloopy sauce which clings to the peppers and flakes of tuna and is delicious stirred into your favourite pasta. The tuna and anchovies pack a protein punch, while the coriander, chilli, paprika and ginger add a refreshing and warming digestible hug.

Ingredients:

1 knob of butter or tbsp of coconut oil (omit for the slow cooker)	1 red onion, chopped
300g tinned tuna, drained	2 cloves garlic, chopped chunky
50g tinned anchovies, drained	2"-piece ginger, grated
400g tinned chopped tomatoes	1 aubergine, diced into 2cm cubes
½ tin water (swish round the empty tin of tomatoes)	Pinch chilli flakes
2 tbsp tomato paste	2 tsp smoked paprika
2 tbsp balsamic vinegar	Large handful of fresh coriander, chopped
8 - 10 sundried tomatoes, chopped	Parmesan cheese, freshly grated
1 red pepper, chopped	Or Mozzarella cheese, torn
1 yellow pepper, chopped	Salt and pepper to taste

Method (serves 4):

To cook on the stove:

In a medium / large pan, melt the coconut oil or butter and fry the onion on a medium heat for 5 minutes. Add the garlic, aubergine and peppers and fry on a low heat for a further 10 minutes. Cover with a lid. Once the peppers have started to soften, add the tuna, anchovies, tomato products, water, ginger, paprika, chilli and balsamic vinegar and combine well. Cover the pan with a lid and simmer on a low heat for 40 minutes.

Just before serving, add the coriander and grated parmesan. Add salt and pepper to taste.

To cook in the slow cooker:

You can omit the coconut oil and/or butter and add all the ingredients except the coriander and parmesan. Cover with a well-fitting lid and cook on a low heat for 4-5 hours.

Stir through the coriander and parmesan just before serving with your favourite pasta. Add salt and pepper to taste.

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