

Easy Tuna Caprese Pasta: A 30-Minute Dinner for Busy Weeknights

Easy Tuna Caprese Pasta: Your New Favorite 30-Minute Dinner



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30 min

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INGREDIENTS

List This recipe is built on accessible, high-quality ingredients. IngredientQuantity

DIRECTIONS

1. Step-by-: Step Instructions
2. Cook the : Pasta
3. Cook the pasta in well-salted boiling water according to the package directions until it's al dente. Reserve about 1/2 cup of the starchy pasta water before draining. Drain the pasta and set it aside.
4. SautØ Aromatics and Tomatoes
5. In a large skillet or : Dutch oven, heat 1 tablespoon of olive oil over medium heat. Add the minced garlic and the halved cherry tomatoes. SautØ for 3-4 minutes, stirring occasionally, until the tomatoes begin to soften and just start to burst, releasing their sweet juices.
6. Add the : Tuna
7. Add the drained tuna to the skillet. Cook for 2 minutes, breaking up the tuna gently with your spoon. This brief cook time warms the tuna and allows it to blend its flavor with the tomato and garlic base.
8. Combine and : Toss
9. Add the cooked pasta and the diced fresh mozzarella to the skillet. Toss everything gently over very low heat for about 1 minute-you want the mozzarella to soften slightly and become gooey, not completely melt into a sauce. If the mixture seems too dry, add a tablespoon or two of the reserved pasta water.
10. Finish and : Serve
11. Remove the skillet from the heat. Stir in the torn fresh basil leaves. Season generously with salt and pepper to taste. Serve warm immediately, or allow it to cool to room temperature. Drizzle with balsamic glaze just before serving for that signature Caprese

flair.

SWAPS & NOTES

Pasta (penne or fusilli) 12 oz (340g) Use a shape with grooves to catch the sauce.

Olive Oil 1 tbsp High-quality extra virgin olive oil for the best flavor.

Garlic Cloves 2, minced Don't let it burn; it should just become fragrant.

Cherry Tomatoes 1 pint, halved Grape tomatoes work well too.

TIPS FOR SUCCESS

Pasta Water is Gold: Always reserve some of that starchy water!

It acts as a perfect binder for the "sauce" created by the tomatoes and oil, helping the tuna and mozzarella cling to the pasta.

Quality Tuna Matters: Since the tuna is a major flavor component, use canned tuna packed in olive oil (or jarred Italian tuna) for the best taste and texture.

Don't Overcook the Mozzarella: The heat from the pasta and the skillet is enough to gently soften the cheese.

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