

Easy Tuna Caprese Pasta (Fresh, Fast & Flavor-Packed in 30 Minutes)

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TIME
30 min

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INGREDIENTS

12 oz (340g) pasta (penne or fusilli work beautifully)
1 tablespoon olive oil
2 garlic cloves, minced
1 pint cherry tomatoes, halved
1 can (5-6 oz) tuna in olive oil, drained
1 ball (8 oz) fresh mozzarella, diced
... cup fresh basil leaves, torn
Salt and pepper, to taste
Optional: balsamic glaze for drizzling

DIRECTIONS

1. **Cook the : Pasta** Bring a large pot of salted water to a boil. Cook pasta according to package directions until al dente. Drain and set aside.
2. **Sautø Garlic & Tomatoes** In a large skillet over medium heat, add olive oil. Stir in minced garlic and sautø for about 30 seconds until fragrant. Add cherry tomatoes and cook for 3-4 minutes, until they begin to soften and release juices.
3. **Add the : Tuna** Gently fold in the drained tuna. Cook for about 2 minutes, breaking it up slightly while keeping some larger chunks for texture.
4. **Combine : Pasta & Cheese** Add the cooked pasta to the skillet. Toss to coat in the tomato-tuna mixture. Stir in diced mozzarella and allow it to soften slightly from the residual heat.
5. **Finish with : Basil** Remove from heat. Stir in torn basil and season with salt and freshly cracked pepper.
6. **Serve:** Serve warm or at room temperature. Drizzle with balsamic glaze if desired.

SWAPS & NOTES

Pasta: Penne and fusilli are ideal because they hold onto the tuna and tomato juices.

You can also use farfalle or even spaghetti.

Tuna: Tuna in olive oil adds richer flavor, but water-packed tuna works too-just add a splash more olive oil.

Mozzarella: Fresh mozzarella is key for that Caprese feel.

TIPS FOR SUCCESS

Salt your pasta water well - it's your first opportunity to build flavor.

Don't overcook the garlic - it should be fragrant, not browned.

Add mozzarella off heat so it softens but doesn't fully melt into a stringy mess.

Reserve a splash of pasta water in case you need to loosen the sauce.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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