

Puttanesca pasta salad



Delicious summer lunch • On the table in just 25 minutes

Serves 4 | prepare 15 mins | cook 10 mins



- 300g penne pasta
- 250g cherry tomatoes, quartered
- 1 clove garlic, thinly sliced
- Grated zest 1 lemon
- 75g pitted black olives
- 2 tbs nonpareille capers, drained and rinsed
- 1 tbs Taste #5 Mediterranean Recipe Umami Paste
- 1 tbs extra virgin olive oil
- 200g can tuna steak in spring water, drained and flaked
- 140g bag wild rocket



Have you heard?

Umami means 'savory deliciousness' in Japanese and is considered to be the fifth flavour following sweet, salty, bitter and sour. Mediterranean foods rich in umami include anchovies, Parmigiano Reggiano and porcini mushrooms.

- 1 Cook the penne in boiling salted water for 10 minutes, until just tender. Put the tomatoes, garlic, lemon zest, olives and capers in a large bowl and stir in the umami paste and olive oil.
- 2 Drain the pasta and refresh under cold running water. Stir into the tomato mixture to combine. Gently fold the tuna and rocket through the pasta salad and check and adjust the seasoning. Serve straight away.





Cook's tip

For a vegetarian dish filled with umami flavours try Taste #5 Vegetarian Far Eastern Recipe Umami Paste stir-fried with udon noodles and crunchy vegetables.

Nutrition

1751kJ/415kcal/10.6g fat/1.7g saturated fat/58.5g carbohydrate/4g sugars/4.9g fibre/21.4g protein/2.5g salt per serving

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