Linguine in a Spicy Tomato Sauce with Tuna and Anchovies

An authentic Italian fish recipe with linguine pasta

Easy 4 Servings 60 min.



Italian-Mediterranean cuisine thrives on its variety of fish: This pasta recipe with tuna and anchovies combines two popular types of fish that pair perfectly with the fruity tomato sauce. And best of all: The linguine al pesce comes straight from the pan—molto facile.

Ingredients

500 g linguine

200 g canned tuna in oil

5 anchovy fillets in oil (about 20 g)

100 ml vegetable broth

1 package ORO di Parma Sugo Tradizionale (400 ml)

2 garlic cloves

1 fresh chili pepper

1 sprig of flat-leaf parsley

5 tbsp extra virgin olive oil for sautéing, salt and freshly ground pepper, Parmesan to taste

Step 1: The Preparation

Wash, dry, and chop the fresh parsley. Then you can prepare the tuna: Drain the oil from the can through a sieve and flake the tuna with a fork in a small bowl. Cut the chili pepper into small strips and peel the garlic cloves.

Step 2: The Spicy Base

Heat a generous amount of olive oil in a large skillet. It should be large enough to hold the cooked pasta later. To infuse the olive oil with flavor, briefly sauté the whole garlic cloves in it. Remove them before adding the other ingredients to the skillet.

Step 3: The Anchovies

Add the anchovy fillets to the hot pan and sauté them briefly with the chopped chili pepper. Pour the broth over the anchovies and let them melt into it. This base gives the dish a spicy, Mediterranean flavor.

Step 4: The Tomato Sauce

Add the tuna and the ORO di Parma Sugo Tradizionale to the pan. Let the sauce simmer over medium heat for 15 minutes, stirring occasionally. Once cooked, season to taste with the chopped parsley and add salt and pepper as needed.

Step 5: The Linguine

While the sauce is simmering, cook the linguine in a separate pot in salted water according to the package directions (about 8 minutes). Once the linguine is al dente (“firm to the bite”), reserve 3 tablespoons of the pasta water and drain the pasta. Add the linguine and the reserved pasta water to the sauce and stir everything well. Can you see how the pasta and sauce are coming together?

Step 6: The Finale

It's best to serve your linguine in deep plates. You can top the pasta with freshly grated Parmesan and parsley. It tastes (almost) like it does at an Italian restaurant. Delizioso!

Used products:



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