

More than 15 minutes

Serves 4

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Ingredients:

- 1 Tbsp (15ml) canola oil
- 2 onions, chopped
- 2 cans (400g each) chopped tomatoes
- 1 Tbsp (15ml) sugar
- Juice (60ml) of 1 lemon (optional)
- 1 packet (400g) macaroni, cooked
- Salt and milled pepper
- 3 cans (170g each) tuna chunks, drained
- 2 Tbsp (30ml) capers (optional)
- Chopped parsley, for serving

Method:

1. Heat oil in a large pan and fry onion until golden.
2. Add chopped tomatoes, sugar and lemon juice and simmer for 2-3 minutes.
3. Toss macaroni through sauce and season.
4. Divide between 4 bowls and top with tuna, capers and parsley.
5. Serve with extra lemon wedges, if you like.