

Mr Di Fab VEG AND TUNA PASTA



INGREDIENTS x 4 persons

- 1 ½ medium brown onion
 - 3 cloves of garlic
 - 3 carrots
 - ½ cup Olive oil
 - 1 large red capsicum
 - 2 large zucchinis
 - 2 cans of tuna in olive oil (drained)
 - White wine (optional)
 - Parsley
 - Chives
 - Salt
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Method: watch video on iSimonds

BUON APPETITO!