



SPAGHETTI WITH PUTTANESCA SAUCE

Serves 4

Ingredients

1 small red chilli, cut in half, deseeded & roughly chop
1 tbsp baby salted capers, well rinsed
4 tbsp extra virgin olive oil (EVOO)
1 small brown onion, finely chopped
2 garlic cloves, peeled & finely chopped
6 anchovy fillets, finely chopped
400g tin chopped tomatoes
1 tbsp fresh oregano, finely chopped
100g black olives, pitted
400g spaghetti
1 tbsp fresh parsley, finely chopped
Sea salt
Freshly ground black pepper
100g Grated Parmesan

Method

- Heat the oil in a medium pan add the onion, garlic, chilli, oregano, olives and anchovies and fry gently for about 5 minutes until the onions are soft.
- Then add the rinsed capers and the tin of chopped tomatoes, rinse the tin out with 100ml of water and add to the sauce, stir to combine and season with salt and pepper. Take care not to over salt as the capers, anchovies & olives are already salty
- Cook on a low heat for 10-15 minutes taking care not to reduce the sauce too much
- Meanwhile cook your spaghetti in lots of salted boiling water. Dried pasta usually takes approx 5-10 minutes to cook (depending on the brand) when the pasta is cooked strain the water off and return to the pan.
- Coat the pasta with a drizzle of olive oil then add your Puttanesca sauce and chopped parsley to the spaghetti and using a pair of tongues stir to combine
- Serve in pasta bowls and garnish with generous amounts of grated Parmesan cheese, a drizzle of extra virgin olive oil & a grind of freshly cracked black pepper.

FOOD STUFF



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