

INGREDIENTS

- 3 tablespoons olive oil
- 2 cloves garlic, (crushed)
- 1-2 anchovy fillets
- 400g can whole plum tomatoes
- Freshly ground black pepper to taste
- ¼ cup pitted black olives, preferably oil-cured (sliced)
- 1 tablespoon capers
- Chilli flakes to taste
- 200grams linguine or other long pasta
- Fresh parsley, oregano, basil leaves (chopped)

INSTRUCTIONS

- 1) Bring a large pot of water to boil and salt it. It should taste like the sea
- 2) Cook your pasta for 6 minutes
- 3) Crush the garlic into a small paste
- 4) Warm 2 tablespoons oil with garlic and anchovies in a pan over medium-low heat
- 5) Cook until garlic is lightly golden, and anchovy is crushed up
- 6) Slice the olives and add into the pan
- 7) Add the whole tomatoes into the pan
- 8) Add salt and pepper to taste
- 9) Stirring occasionally, until tomatoes breakdown and mixture becomes saucy, about 10 minutes



Pasta Puttanesca



1 -2 servings



20 minutes

A flavoursome and hearty pasta dish that is quick and easy to prepare for those busy days. Enjoy!

Pasta Puttanesca

INSTRUCTIONS

- 10) Add in chilli
- 11) Stir in sliced olives, capers and chilli flakes, and continue to simmer
- 12) Cook pasta, stirring occasionally, until it is tender but not mushy
- 13) Drain pasta and toss with sauce and remaining tablespoon of oil
- 14) Dice parsley, oregano and basil leaves and mix in
- 15) Taste and adjust seasonings as necessary
- 16) Garnish with herbs and serve

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Enjoy!

