

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".

Pasta Puttanesca

ready in under 25 minutes!



Ingredients – serves 4 people

- 300gm pasta (penne/linguine/spaghetti)
- 3 Tbsp olive oil
- 1 lg onion (chopped finely)
- 3 lg garlic cloves (peeled & grated finely)
- ½ Tsp chilli flakes (or paprika pepper)
- 1 tin chopped tomatoes
- 1 tin anchovies (chopped finely)
- ½ cup olives (washed & drained)
- 2 Tbsp capers (optional - washed & drained)
- salt & pepper to taste
- 2 Tbsp parsley chopped (fresh is best)

Method

Place a large pan of water to boil the pasta in (the traditional ratio is –
1ltr water + 10gm salt per 100gm pasta)

Heat a large non-stick pan over a high heat then add the oil (you can use 1 Tbsp of anchovy oil from the tin).

Add the onions and cook until soft, stirring or tossing the pan occasionally.

Add the garlic and chilli flakes and mix through, cook for a further minute.

Add tomatoes, anchovies, olives and capers (if using) stir together and cook over a medium heat.

Season to your preference with salt and black pepper.

Place pasta of choice into the boiling salted water following the instructions on the packet (generally, all dried pasta cooks better when it can move around in lots of boiling water so use a very big pan!).

When the pasta is 'al dente', firm and with a bite, (not soft or overcooked) drain into a colander in the sink.

Do not shake off all the pasta water but quickly add to the tomato sauce.

Increase heat to high and stir/toss the pasta through the sauce.

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Cook over a high heat for 1 minute then pour into a large serving bowl/platter.

Garnish with parsley and serve.

Notes from the chef:

This is a simple store cupboard recipe that requires very little in the way of special ingredients – ridged/rough pasta such as penne or fettucine work best as the sauce coats and holds better.

The anchovy adds a very meaty flavour but breaks down into the sauce.

You can serve with a simple green salad dressed with olive oil and sea salt.

A splash of vinegar added to the cooked onions gives a tangier finish to the dish.

Fresh pasta works well but requires a lot less cooking time, 2–3 minutes only!

The capers are optional but are traditional.

The anchovies, olives and capers use salt in the preservation process so taste after these have been added and go easy with the salt!

Tbsp - tablespoon

Tsp - teaspoon