

Pasta Puttanesca

⌘ Tastes better than it sounds ⌘

Keep these ingredients in your cupboard for those days when you just can't be bothered

Serves 4-6 people

Ingredients:

- 2 tbs Olive Oil
- 3 Cloves of Garlic - chopped
- 6 Anchovies in Oil - chopped
- 2 tbs salted Capers - chopped
- 150g Sliced Black Olives (Kalamata work too)
- 1 long red chilli - chopped
- 1 tsp chilli powder
- 1 tsp dried oregano
- 400g Chopped Tomatoes
 - 400g Pasta (Spiral or Conchiglie/Shell work well)
- 1 cup flat-leaf parsley (or curly) - chopped

Tip: Use a mini food processor to blend the chopped capers, anchovies, chilli, and chilli powder – making for smaller pieces

Method:

- Cook oil and diced garlic for 1 minute on medium heat
- Add Anchovies, Capers, Olives, Chilli, Chilli Powder and cook for 2-3 mins
- Add chopped Tomatoes and Oregano and simmer for 10 mins on low heat
- Stir through cooked pasta and fresh parsley and serve

If you want to eat over a couple of days, only add the parsley when you are ready to eat.

Serve with garlic bread to absorb the sauces.

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