



Pasta Caponata with Zucchini

20 minutes

Hands on

2

Portion(s)

1

Difficulty



Ingredients

- 2 onions
- 4 cloves of garlic
- 2 tablespoons olive oil
- 2-3 tablespoons granulated sugar
- 4 zucchini
- 3 tablespoons raisins
- 2 tablespoons capers
- 2 tablespoons red wine vinegar
- 400 g canned chopped tomatoes
- 1 vegetable bouillon cube
- 150-200 g water
- 250 g spaghetti, boiled
- dry thyme
- pepper

Method

- Place a **pan** over high heat.
- **Cut** the zucchini into half-moon shapes.
- Thinly slice the onion and garlic.
- Add some olive oil to the pan along with the onion, garlic and 1 tablespoon of sugar.
- Sauté for 1-2 minutes, until they caramelize.
- Add the zucchini, raisins and capers.
- Add the vinegar and stir with a wooden **spoon**.
- Add the canned tomatoes, bouillon cube and water.
- Simmer for 10-15 minutes.
- Add the boiled spaghetti and mix.
- Serve with fresh thyme, olive oil and pepper.

Διατροφικός πίνακας

Nutrition information per portion

632 Calories (kcal)	13.0 Total Fat (g)	2.4 Saturated Fat (g)	105.0 Total Carbs (g)
32%	19%	12%	40%
59.0 Sugars (g)	16.0 Protein (g)	12.0 Fibre (g)	1.2 Sodium (g)
66%	32%	48%	20%