



Recipe Category / Pasta

Spaghetti Puttanesca

10'
Hands on

10'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 500 g tagliatelle
- salt
- pepper
- 70 g olive oil
- 2 clove(s) of garlic
- 1 teaspoon(s) chili flakes
- 10 salt-cured anchovies, fillets
- 600 g tomatoes
- 100 g olives, slices
- 1 tablespoon(s) capers, slices
- 2 tablespoon(s) basil
- 100 g parmesan cheese, (optional)

To serve

- pepper
- basil leaves
- 1 tablespoon(s) olive oil

Method

- In a pot full of salted boiling water, add the spaghetti and boil for 6 minutes.
- Place a nonstick pan over medium heat and add the olive oil.
- Finely chop the garlic and add it to the pan.
- Add the chili flakes and anchovies.
- Sauté over low heat for 3-4 minutes until the anchovies dissolve.
- Grate the tomatoes using the thick blades of the grater and discard the skins.
- Add them to the pan and turn up heat.
- Add the olives and capers. Stir with a wooden spoon and wait for the mixture to come to a boil.
- Drain the spaghetti and add them to the sauce in the pan. (Reserve a spoonful of the pasta water for the sauce.)
- Remove from heat, add the spoonful of pasta water and stir for 2 minutes, until the water is soaked up and the sauce thickens.
- Add the finely chopped basil, parmesan, pepper and some salt.
- Serve with extra pepper, basil leaves and olive oil.

Διατροφικός πίνακας

Nutrition information per portion

755 Calories (kcal)	27.0 Total Fat (g)	7.5 Saturated Fat (g)	95.0 Total Carbs (g)
38%	39%	38%	37%
8.2 Sugars (g)	27.0 Protein (g)	7.5 Fibre (g)	2.8 Sodium (g)
9%	54%	30%	47%