

## Oh So Simple Puttanesca

this dish is great cause it's super... tasty, quick and easy! the main ingredients come straight from the cupboard.

**FiX:** 15-20 minutes total

### **GOODS:**

1/3 cup EXTRA VIRGiN OLiVE OiL  
1 can of NO SODiUM DiCED TOMATOES.  
1 cup of roughly chopped CALAMATA OLiVES  
1 small bunch of roughly chopped FLAT LEAF PARSLEY  
1/2 cup of fresh grated PARMESAN CHEESE  
1 tbsp. of minced GARLiC (3 cloves of garlic)  
1 tsp. of RED PEPPER FLAKES  
CRACKED BLACK PEPPER  
1/2 tin of ANCHOViES  
a pinch of SEA SALT  
1 tbsp. of CAPERS  
1/2 LEMON

1 lb. of ANGEL HAiR PASTA (you can use any pasta you like)

### **TACKLE:**

big pasta pot  
large saute pan  
chopping board  
chef's knife  
can opener  
strainer  
tongs

**FEEDS:** this dish serves 2 super hungry people... or up to 4 with a simple spinach salad.

**GO:** grab a large saute pan. put on medium heat. pour in a 1/3 cup EXTRA VIRGiN OLiVE OiL. drop in your roughly chopped CALAMATA OLiVES, a tablespoon of CAPERS, a 1/2 can of super finely chopped ANCHOViES, a tablespoon of minced GARLiC and a pinch of RED PEPPER FLAKES. give a 5 second round (1/8 tsp.) of CRACKED BLACK PEPPER and stir around. the mixture should already be smelling amazing.

**SPECIAL NOTE:** if you think: "whoa too fishy" on the ANCHOViES... i just want to point out, that you hardly taste them. the anchovies add just a wonderful deep, salty background flavor that pushes the dish wide open. you can omit them, but you'll be missing out on the full PUTTANESCA effect.

onward. grab the can opener and open the can of NO SODiUM DiCED TOMATOES. throw in the whole can. juice and all. stir. drop heat to low. your PUTTANESCA sauce is done.

**WHILE...** the PUTTANESCA is chillin' -- bring a good size pasta pot of water to a boil. add a pinch of SEA SALT. drop in a pound of ANGEL HAiR PASTA (or a pasta of your choice). stir. **NOTE:** read the package. each type of pasta has different cooking times. for example, angel hair cooks hella faster than say... fettucini. you want the pasta to be al dente. (aka slightly under done and a bit chewy) don't worry, if you absolutely don't dig on al dente, it will continue cooking in the saute pan while it bathes in the sauce.

**TOGETHER:** roughly strain pasta and pour directly into the saute pan with the heated sauce. turn the heat off. throw in a handful of chopped FLAT LEAF PARSLEY. give a good squeeze of LEMON and drop in a 1/4 cup of fresh PARMESAN CHEESE. for a bit of kick, throw in a hearty pinch of RED PEPPER FLAKES. finally, do another 5 second round (1/8 tsp.) of CRACKED BLACK PEPPER. toss lightly so all the wonderfully tender angel hair strands are bathed in this amazing, yet simple flavorful sauce.

**ASSEMBLAGE:** serve up a good tong full onto each plate. sprinkle with a touch of fresh PARMESAN, some finely chopped FLAT LEAF PARSLEY and one final CRACK OF BLACK PEPPER.



super.tasty

4 x 6 RECIPE CARD  
JUST PRINT, CUT and FOLD