



Mangia Bene È Vivi Bene!

By FRANK ZEOLI



Pasta Puttanesca is a bold, savory pasta dish known for its rustic flavors and simple ingredients. It's an easy-to-make pasta dish tossed in a quick tomato-based sauce made with garlic, anchovies, olives, capers, and crushed red pepper.

This dish is traditionally from the Campagna region of Italy. The name "puttanesca" has a colorful history, but today it's just known as a classic, no-frills comfort dish. The great thing about it is that it can be made from ingredients in your pantry and thrown together without planning.



PREP TIME: 5 MINUTES | COOK TIME: 25 MINUTES

INGREDIENTS

- 28 oz can of San Marzano whole tomatoes
- ¼ cup of capers (drained)
- 1 cup of pitted Calamata olives (whole or cut in half)
- 1 tablespoon of chopped garlic (4-5 cloves)
- ½ teaspoon of crushed red pepper flakes
- 4 anchovy filets (whole)
- 2 oz of extra virgin olive oil
- 1 tablespoon of parsley (dried or fresh)
- 1 lb. of spaghetti

PASTA PUTTANESCA



INSTRUCTIONS

- In a large mixing bowl, crush the canned San Marzano tomatoes by hand and set them aside.
- In a large sauté pan over medium heat, add the extra virgin olive oil, garlic, anchovy filets, and red pepper flakes, and cook until golden brown and the anchovies have liquified.
- Add the capers and olives and sauté for another two minutes. Add the hand-crushed tomatoes to the pan and mix all the ingredients. Add the parsley and simmer for about 15 minutes.
- While the sauce is simmering, bring a medium-sized pot of salted water to a boil and add the spaghetti, and cook until the pasta is al dente.
- Drain the pasta and reserve some of the hot pasta water. Add the pasta to the sauté pan with the sauce, then fold the sauce into the pasta, adding some of the hot pasta water to thin it out. This will help the sauce cling to the pasta better.
- Transfer the pasta to a serving dish. You can add a small amount of Pecorino Romano cheese to the top, but be careful with the saltiness of the capers, anchovies, and olives; you don't want the pasta to be too salty. That's why we don't add salt to the sauce mixture.

Enjoy!

Look for more recipes in the next edition of the SIAMO QUI

