



Product Spotlight: Capers

Capers are actually little flower buds! They come from a plant called Finders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



1 Spaghetti Puttanesca with Capers

Spaghetti alla puttanesca is a much loved pasta dish from Naples! This version uses a delicious grain spaghetti, rich tomato sauce, garlic and capers, served alongside a fresh pear salad.



30 minutes



2-3 servings



Plant-Based

2 November 2020

Mix it up!

Toast some bread crumbs in a pan to sprinkle over top at the end! Finish the dish with a cheese of choice if preferred. If you want to add a protein boost, add some ground walnuts or hemp seeds to the sauce to make a bolognese.

Per serve: **PROTEIN** 24g **TOTAL FAT** 15g **CARBOHYDRATES** 156g

FROM YOUR BOX

GRAIN SPAGHETTI	1 packet (300g)
FENNEL	1
BABY EGGPLANTS	2
GARLIC CLOVES	2
TINNED WHOLE TOMATOES	400g
BALSAMIC GLAZE	1 sachet
GEM LETTUCE	1*
PEAR	1
CAPERS	1 jar
PARSLEY	1/4 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano

KEY UTENSILS

large frypan with lid, saucepan

NOTES

If you have a food processor you can process the fennel and eggplant until finely chopped. This will give the vegetables a mince like texture and help speed up the cook time.

Keep the lid on the pan as the sauce simmers so it doesn't dry out. If you prefer a richer sauce you can add a little tomato paste and extra olive oil to stretch it out.



1. COOK THE SPAGHETTI

Bring a large saucepan of water to boil. Add spaghetti to boiling water and cook for 7-10 minutes until al dente. Drain and rinse (see step 5).



2. SAUTÉ THE VEGETABLES

Dice fennel and eggplant (see notes). Add to a frypan over medium-high heat with **1 tbsp olive oil**. Add **1 tsp dried oregano**, and 2 crushed garlic cloves. Cook for 6-8 minutes until softened. Season with **salt and pepper**.



3. SIMMER THE SAUCE

Add tinned tomatoes and crush in pan with spoon. Add **1/4 cup water** and 1/2 sachet of balsamic glaze, cover and simmer for 10 minutes (see notes).



4. PREPARE THE SALAD

Separate and rinse lettuce leaves. Slice pear and toss together. Drizzle with remaining 1/2 sachet balsamic glaze. Set aside.



5. TOSS THE SPAGHETTI

Toss cooked spaghetti through simmered sauce along with drained capers. Season with **pepper**.



6. FINISH AND PLATE

Chop parsley and sprinkle over top. Serve at the table with salad.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

