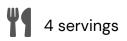


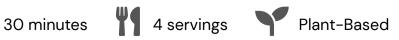


Spaghetti Puttanesca with Capers

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.







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.

PROTEIN TOTAL FAT CARBOHYDRATES

86g

FROM YOUR BOX

GRAIN SPAGHETTI	1 packet (300g)
FENNEL	1
BABY EGGPLANTS	3
GARLIC CLOVES	2
TINNED WHOLE TOMATOES	2 x 400g
BALSAMIC GLAZE	2 sachets
WATERCRESS	1 sleeve
PEAR	1
KALAMATA OLIVES	1 tub (100g)
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 eggplants (see notes). Add to a frypan over medium-high heat with 2 tbsp olive oil. Add 1 1/2 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. Stir in 1 sachet of balsamic glaze and 1/4 cup water, cover and simmer for 10 minutes (see notes).



4. PREPARE THE SALAD

Trim and slice watercress. Slice pear and toss together. Drizzle with 1 sachet of balsamic glaze. Set aside.



5. TOSS THE SPAGHETTI

Toss cooked spaghetti through simmered sauce. Rinse and add olives along with drained capers. Toss through and 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



