



Pasta puttanesca

with capsicum, capers and olives



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot x 2



Pantry items needed: olive oil, tomato paste, salt, freshly ground black pepper



Hands-on: 10-15 minutes
Ready in: 20-25 minutes



Serves: 2 or 4

This traditional Italian pasta sauce from Naples is quick to prepare but has so much flavour, thanks to the capers, olives and rich tomato flavour. Our version also has red capsicum, adding an extra dimension, and comes with premium La Molisana wholemeal penne.

Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Wholemeal penne	1 packet	1 packet
Onion	150g	300g
Garlic	8g	16g
Capsicum	250g	500g
Kalamata olives	1 tub	1 tub
Baby capers	1 tub	1 tub
Olive oil*	1½ tbsp	3 tbsp
Diced tomatoes	1 can	2 cans
Water*	¼ cup	½ cup
Tomato paste*	1 tbsp	2 tbsp
Salt*	¼ tsp	½ tsp
Freshly ground black pepper*	¼ tsp	¼ tsp
Rocket	10g	20g
Parmesan	1 tub	1 tub

* *Pantry items*

Allergens and ingredients

Allergens: gluten, wheat.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook pasta

Fill a large pot $\frac{3}{4}$ full with water and bring to a boil. Add **penne** and cook for **12 minutes**. Drain and set aside.

2. Prepare vegetables

Dice **onion**. Mince **garlic**. Slice **capsicum** into thin strips. Slice **kalamata olives** in half lengthways. Drain **capers**.

3. Cook sauce

In a large pot over medium heat, add **olive oil***. When hot, add **onion, garlic** and **capsicum** and cook, stirring regularly, for **5 minutes**. Add **diced tomatoes, water*** and **tomato paste*** and stir to combine. Reduce heat to a simmer and cook, covered, for **10 minutes**. Add **olives, capers, salt*, freshly ground black pepper*** and **penne**. Stir to combine and cook for **2 minutes**.

4. Serve

Serve **pasta puttanesca** in bowls and top with **rocket, parmesan** and extra **freshly ground black pepper*** to taste.

Eat your way
to healthy!



Wholegrains are high in vitamins B1, B3 and B9, in antioxidants and in minerals, including copper, iron, zinc, magnesium and manganese. Most wholegrains are also an excellent source of fibre.

Wholegrains have been associated with various health benefits, including lower risk of heart disease, stroke, high blood pressure, certain cancers, diabetes and obesity, as well as reduced inflammation.

Nutritional information*

	Per 560g serve	Per 100g
Energy	2810kJ (672Cal)	502kJ (120Cal)
Protein	22.1g	3.9g
Fat, total	18.7g	3.3g
- Saturated	4.3g	0.8g
Carbohydrate	95.0g	17.0g
- Sugars	21.0g	4.0g
Sodium	851mg	152mg

* *Nutritional information is based on averages*