

# Pasta Puttanesca



## Ingredients:

Sea salt  
3 T. extra virgin olive oil  
2 oz. can anchovies  
3 garlic cloves, thinly sliced  
1 small red chili pepper, seeded and diced

Sea salt and black pepper, to taste  
½ c. black olives, pitted and sliced  
2 T. capers  
1 18-oz. can crushed tomatoes  
1 lbs. spaghetti  
½ c. fresh parsley, chopped + extra for garnish  
Freshly grated Parmesan cheese, to serve

**natural**  
awakenings

Prep time: 20 minutes  
Cook time: 20-25 minutes  
Serves: 4-6

## Directions:

1. Fill a large pot with water and season with a generous pinch of salt. Bring to a boil over medium-high heat.
2. Heat the olive oil in a large, high-sided skillet over medium heat. Add the anchovies, garlic, and red chili pepper. Season with salt\* and black pepper, to taste, and stir to combine.

**\*Important note:** The anchovies, olives, and capers are naturally salty, so be careful with how much salt you add to this recipe!

3. Cook, stirring occasionally, until the anchovies begin to disintegrate, approximately 2-3 minutes. Add the olives, capers, and crushed tomatoes. Reduce heat to medium-low and simmer for 10 minutes.
4. In the meantime, prepare the spaghetti according to package instructions. When finished cooking, reserve ¼ cup of cooking liquid before draining the spaghetti.
5. Add the reserved cooking liquid from the spaghetti to the sauce, along with the fresh parsley. Stir to combine and simmer for another 5-10 minutes or until the sauce starts to thicken.
6. Remove from heat and serve immediately with the cooked spaghetti. Top with freshly grated Parmesan cheese and additional parsley, if desired. Enjoy!