

PASTA PUTTANESCA

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COOK TIME: 25mins

SERVES: 4

CALORIES: 344 kcal (PER SERVING)

INGREDIENTS

12 ounces spaghetti
3 tbsp olive oil
1 tbsp unsalted butter
1.6 pounds cherry tomatoes
6 garlic cloves
2 tbsp low sodium soy sauce
1 tsp each: salt and black pepper
½ tsp red pepper flakes
1 tbsp Italian seasoning
3 tbsp tomato paste
½ cup green olives, pitted
2 tbsp capers
chopped parsley
grated parmesan, for serving

DIRECTIONS

Get your prep done before you start cooking. Mince the garlic, chop the parsley and roughly chop the olives.

Bring a large pot of generously salted water to a boil.

Heat oil and butter in a large skillet over medium high. Add cherry tomatoes, cook until they start to burst, about 3 minutes. Add garlic, salt, pepper, soy sauce, red pepper flakes and Italian seasoning. Stir to combine and cook for 1 minute. Add tomato paste and stir until dissolved. Cover the skillet, reduce heat to medium low and simmer for 15 minutes.

In the meantime, add spaghetti to the pot with boiling water. Cook until al dente. When ready, scoop up 1 cup cooking water, then drain the spaghetti.

Add ½ cup cooking water to the tomato sauce. Stir in capers and olives. Toss spaghetti with sauce, just until it clings to the pasta strands. If the pasta gets too dry, add more cooking water and toss.

Serve immediately, sprinkle with Parmesan. Enjoy!

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