



# PUTTANESCA

SERVES 2



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## Ingredients

½ tin of chopped tomatoes

½ jar of pitted black olives

½ tin of anchovies

175g spaghetti

1 tbsp olive oil

1 medium onion, peeled and chopped

1 tbsp capers, chopped

1/2 tsp dried chilli flakes (optional)

Handful fresh parsley, chopped (optional)



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## Recipe

- 1- Cook the pasta according to packet instructions.
- 2- While the pasta is cooking heat the oil in a large frying pan, fry the onion over medium heat until soft.
- 3- Add the tomatoes, olives, anchovies, chilli (if using) and capers and cook for 5 minutes.
- 4- Drain the pasta and combine with the tomato mixture. Garnish with parsley (if using).



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## Cost

Tinned Tomatoes- 14p  
Olives- 38p  
Tinned Anchovies- 35p  
Spaghetti- 7p  
Olive Oil- 9p  
Onion- 9p  
Capers- 15p  
Dried Chilli Flakes- 7p  
Parsley- 6p

TOTAL - £1.40

