



# UCOOK

## Puttanesca Pasta

with nutritional yeast & fresh herbs

Invented in Naples, spaghetti alla Puttanesca is a traditional Italian pasta sauce that always puts a smile on your face. That's because of the deeply rich tomato sauce, made with white wine, charred baby tomatoes, garlic, fresh herbs, capers, olives, and lots of love! Served with al dente tagliatelle pasta.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Samantha du Toit

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Veggie

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Laborie Estate | Laborie Merlot 2021

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## Ingredients & Prep

|       |                                                               |
|-------|---------------------------------------------------------------|
| 100g  | Tagliatelle Pasta                                             |
| 80g   | Baby Tomatoes<br><i>rinse</i>                                 |
| 1     | Onion<br><i>peel &amp; roughly dice ½</i>                     |
| 1     | Garlic Clove<br><i>peel &amp; grate</i>                       |
| 10ml  | NOMU Italian Rub                                              |
| 10ml  | Tomato Paste                                                  |
| 20ml  | White Wine                                                    |
| 6g    | Mixed Herbs<br><i>(3g Fresh Oregano &amp; 3g Fresh Basil)</i> |
| 100ml | Tomato Passata                                                |
| 10g   | Capers<br><i>drain &amp; roughly chop</i>                     |
| 30g   | Pitted Kalamata Olives<br><i>drain &amp; cut in half</i>      |
| 20ml  | Nutritional Yeast                                             |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

**2. CHARRED TOMS** Place a pan over medium heat with a drizzle of oil. When hot, fry the rinsed baby tomatoes until lightly charred & blistered, 6-8 minutes (shifting occasionally). Remove from the pan and season.

**3. PUTTANESCA SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until lightly golden, 4-5 minutes (shifting occasionally). Add the grated garlic, the NOMU rub, and the tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the wine and simmer until almost all evaporated, 30-60 seconds.

**4. PREP** Rinse, pick and roughly chop the mixed herbs. Set aside.

**5. ALL TOGETHER** When the wine is almost all evaporated, add the tomato passata, 100ml of water, the drained capers, and the halved olives. Simmer until slightly reduced, 8-10 minutes. Stir through the cooked pasta, the charred tomatoes, ½ the chopped herbs, a sweetener (to taste), and seasoning.

**6. DINNER IS READY** Make a bed of the loaded pasta, sprinkle over the nutritional yeast, and garnish with the remaining herbs. Well done, Chef!



## Chef's Tip

Mixing pasta water into your sauce is a great way to enhance it all round! The starch content adds a silky richness to the texture and the salt content lends extra flavour.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 486kJ   |
| Energy             | 116kcal |
| Protein            | 4.2g    |
| Carbs              | 17g     |
| of which sugars    | 3.8g    |
| Fibre              | 2.5g    |
| Fat                | 1.3g    |
| of which saturated | 0.2g    |
| Sodium             | 156mg   |

## Allergens

Gluten, Allium, Wheat, Sulphites,  
Alcohol

Eat  
Within  
4 Days