



# 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:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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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

300g	Tagliatelle Pasta
240g	Baby Tomatoes <i>rinse</i>
2	Onions <i>peel &amp; roughly dice 1½</i>
2	Garlic Cloves <i>peel &amp; grate</i>
30ml	NOMU Italian Rub
30ml	Tomato Paste
60ml	White Wine
16g	Mixed Herbs <i>(8g Fresh Oregano &amp; 8g Fresh Basil)</i>
300ml	Tomato Passata
30g	Capers <i>drain &amp; roughly chop</i>
90g	Pitted Kalamata Olives <i>drain &amp; cut in half</i>
60ml	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, 8-10 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, 5-6 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, 1-2 minutes.

**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, 300ml of water, the drained capers, and the halved olives. Simmer until slightly reduced, 10-12 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