



PASTA
EVANGELISTS

made in London

SPAGHETTI PUTTANESCA



ABOUT THIS DISH

The word *spaghetti* comes from the Italian word *spago*, which means “thin string” and has ancient roots. *Spaghetti* was invented in Sicily around the 12th century and has become probably the most well-known pasta type worldwide. *Puttanesca* sauce hails from Naples (pictured below) and is a much more recent invention, dating only back to the mid-20th century. The name literally translates to something we cannot say in this paragraph, but feel free to look it up on your own (just don't blame us, we didn't name it!). *Puttanesca* sauce is tomato and garlic based, with delicious, crisp olives and capers added, along with anchovies for additional flavour and saltiness. This is the perfect comfort food dish.

METHOD

1. Bring a large pan of salted water to the boil.
2. Put the *puttanesca* in a pan, add **1 tbs (15 ml)** of cooking water, and heat until steaming.
3. Cook the *spaghetti* (but leave the white rice flour in the pouch) in the boiling water for **3-4 minutes**, stirring to separate any that stick, until ‘*al dente*’; (check a piece before removing from the pan).
4. Transfer the spaghetti to the sauce and toss together to combine.
5. *Buon appetito!*

INGREDIENTS (allergens in **bold**): Fresh pasta (**Wheat** flour, **Egg**, Durum **wheat** flour, Salt), Chopped tomatoes, Olives, Extra Virgin Olive Oil, Tomato puree, **Anchovies**, Capers, Parmesan **cheese**, Garlic, Dried chilli flakes, Salt, Black pepper
Keep refrigerated

FREEZING

The product can be frozen (ideally on day of delivery) and keeps for 2 months in the freezer. The pasta can be cooked directly from frozen. The sauce needs to be defrosted, either overnight in the fridge, or by putting it (still sealed in the bag) in boiling water for 4-5 minutes, until thawed & heated through.

This food has been prepared in a kitchen that also prepares molluscs, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.



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