

One Pot Spaghetti



	Quantity
Paste of choice (we	
recommend Linguine)	500g
Onion	1 Medium
Garlic	3 Cloves
Black Olives, Sliced	½ Cup
Hengstenberg Capers, Diced	½ Cup
Red Chili, Sliced	1 Medium
Parsley, Shredded	½ Bunch
Basil, Shredded	½ Bunch
Tomato Paste	6 Tbsp
Hela Martha Original	
Ketchup	4 Tbsp
Hela Black Pepper, Ground	2 Tbsp
Hela Oregano Leaves,	
Shredded	1 Tbsp
Salt	2 Tsp

Instructions

- 1. In a medium pan, sauté the onion and garlic with the vegetable oil until translucent. Add in olive, capers and chili.
- 2. Stir in the tomato paste, Hela Martha Original ketchup and the remaining spices and mix them well.
- 3. Cook the pasta separately till al dente, keep a cup of pasta water and drain the pasta.
- 4. Add the pasta to the sauce and combine it with basil leaves. Season it with salt and pepper to taste.
- 5. Add pasta water as necessary to thicken the sauce and enjoy!