



Pasta Puttanesca Recipe

Preparation Time	10
Cooking Time	17
Serving Size	9

Ingredients:

- 3 Tbsp olive oil
- 3 1/4 Tbsp garlic, minced
- 1/2 cup onion, large, sliced
- 2/3 cup button mushroom, canned, quartered
- 10 pcs black olives, pitted, sliced
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (560g)
- 7 pcs anchovy fillet, flaked, reserve 1 tsp oil
- 1/4 cup parmesan cheese, grated
- - salt, to taste
- - pepper, to taste
- 1 pack DEL MONTE Spaghetti (400g), cooked

Preparation:

1. Heat combined oil of reserved anchovy oil and olive oil in pan. Sauté garlic and onion for 2 minutes.
2. Add mushrooms, olives, and DEL MONTE Italian Style Spaghetti Sauce. Cover and simmer over low heat for 5 minutes.
3. Add anchovies, half of cheese, salt, and pepper to taste. Simmer for another 3 minutes.
4. Pour over or mix with cooked DEL MONTE Spaghetti. Top with remaining cheese.

Chef's Tip

For maximum flavor, mash the anchovies into the sauce.

Lusog Notes

Pasta is a source of carbohydrates that provides the body with energy as well as fuel for the brain and nerves. Two servings of this dish gives you source of protein which is essential for growth and development.

Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon
- Strainer

- Knife
- Pan

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