



Traditional Pasta alla Puttanesca (Puttanesca Pasta Recipe)

Make authentic Pasta alla Puttanesca with anchovies, olives, capers, and tomatoes. This classic Italian recipe is bold, briny, and ready in just 30 minutes—perfect for a weeknight meal.



Prep Time:
15 mins

Cook Time:
10 mins

Total Time:
25 mins

Course: Main Course, Pasta Cuisine: Italian, Mediterranean

Diet: Low Fat

Keyword: Anchovies, Classic Italian Recipe, Easy Pasta recipe, Red Sauce Pasta

Difficulty: Beginner Servings: 4 Calories: 474kcal

Ingredients

- $\frac{3}{4}$ pound [spaghetti](#)
- 3 cloves garlic
- $\frac{1}{2}$ cup [black olives](#) pitted
- $\frac{1}{4}$ cup [capers](#)
- 4 fillet [anchovies](#)
- 1 tsp [chili flakes](#)
- $\frac{1}{2}$ cup parsley chopped
- 4 tbsp [olive oil](#) extra virgin
- 1 tbsp sea salt rock
- 1 can [tomatoes](#) whole peeled (28 oz)
- $\frac{1}{2}$ tsp [dried oregano](#)

Instructions

1. Place a pot of water on the stove over medium heat and bring it to rooaring boil.In the meantime make the pasta sauce
2. First you'll heat the extra virgin olive oil in a large skillet over medium heatand add 4 to 5 cloves of garlic and 4 anchovy fillets. Stir the anchovies until they've almost melted into the oil.
3. Add the red pepper flakes. After you've cooked the garlic for just about a minute (don't let it burn!) remove it, and add the olives and capers, stir, and then add the tomatoes.
4. Once the tomatoes are in, season the sauce with salt and pepper and let it simmer for a bit. Remember, there are lots of salty ingredients in the sauce already so go easy on the salt!
5. Once the water is boiling, add 1 handful of salt, then once dissolved add the pasta and cook it accordingly to the package instructions until "al dente".
6. Reserve half cup of pasta cooking water, drain the pasta and add it to the puttanesca tomato sauce. Add a bit of the pasta cooking water,

mix it until well combined and sprinkle it with fresh parsley. Serve it and enjoy it! Mangia!

Nutrition

Calories: 474kcal | Carbohydrates: 65g | Protein: 13g | Fat: 18g | Sodium: 2324mg | Potassium: 259mg | Fiber: 4g | Sugar: 2g | Vitamin A: 716IU | Vitamin C: 11mg | Calcium: 48mg | Iron: 2mg



Have you tried to make it?

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