

# MARLEY SPOON



## Pepperonata Pasta

with Olives, Chilli and Capers



20-30min



2 Portions

Pepperonata, a classic Sicilian dish, traditionally consists of strips of capsicum cooked slowly with olive oil, garlic and tomato until the capsicum is melt-in-the-mouth tender. It's often served alongside grilled meat or on crusty bread, but our version tosses it through pasta making it a wonderfully satisfying meal.

## What we send

- long red chilli, parsley, garlic cloves
- slivered almonds <sup>15</sup>
- parmesan <sup>7</sup>
- rigatoni pasta <sup>1</sup>
- pitted kalamata olives
- capers
- red onion
- yellow capsicum
- red capsicum

## What you'll require

- balsamic vinegar <sup>17</sup>
- extra virgin olive oil
- salt and pepper
- sugar

## Utensils

- baking paper
- large saucepan
- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

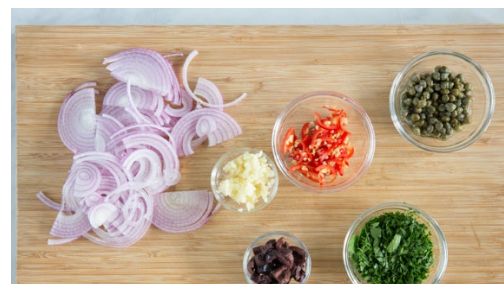
## Nutrition per serving

Energy 720kcal, Fat 24.6g, Carbs 93.7g, Proteins 23.5g



**1. Prepare capsicums**

Preheat oven to 220C. Line an oven tray with baking paper. Quarter **capsicums** and deseed. Brush with 1 tbs **oil**. Season with **sea salt and pepper** and roast for 20 mins until lightly charred. Roast the **almonds** on a lined oven tray for 3-4 mins until toasted and fragrant (watch carefully so they don't burn).



**2. Prepare ingredients**

Meanwhile, slice the **onion**. Chop the **garlic**. Thinly slice the **chilli** (deseed for less heat if you prefer). Drain the **capers**. Pick the **parsley** leaves (discard stems) and finely chop. Coarsely chop the **olives**. Bring a medium saucepan of salted water to the boil.



**3. Start sauce**

Heat 2 tsp **oil** in a large saucepan over medium heat. Cook the **onion, garlic** and **chilli** for 5 mins or until softened. Add the **roasted capsicum** and cook for a further 5 mins. Allow to cool.



**4. Cook pasta**

Meanwhile, cook the **pasta** in the pan of boiling water for 10-12 mins until al dente. Reserve 80ml ( $\frac{1}{3}$  cup) cooking liquid, then drain.



**5. Finish sauce**

Using a stick blender or small food processor, coarsely blend **sauce**. Transfer sauce back into saucepan and add 1 tsp **sugar**, 2 tsp **balsamic vinegar** and  $\frac{1}{3}$  cup **reserved pasta liquid** to the sauce and cook for a final 2-3 mins over high heat. Stir in the **capers, olives** and **parsley** and season with **sea salt and pepper** to taste.



**6. Get ready to serve**

Grate half of the **parmesan** (reserve remaining for another use). Pour the **sauce** over the **pasta** and stir well. Divide between bowls and serve topped with the **almonds** and parmesan.