

Pasta Puttanesca

Classic Italian Pasta Puttanesca with tomatoes, olives, capers, and anchovies. A bold, flavorful dish ready in 30 minutes using simple pantry staples.

20 min

PREP

30 min

COOK

50 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup olive oil
- 4 clove garlic
- 4 anchovy
- 1 cup olive
- 1 tbsp caper (caparis)
- 1 lb pasta
- 1 tsp oregano
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp chili flakes

Instructions

1 Cook the pasta

Bring a large pot of salted water to a rolling boil. Add 1 pound pasta and cook according to package directions until al dente, about 8-10 minutes. Reserve 1 cup pasta cooking water before draining.

2 Make the sauce base

Heat 1 tablespoon olive oil in a large skillet over medium heat (325°F/165°C). Add 4 cloves minced garlic and cook until fragrant and lightly golden, about 30-60 seconds.

3 Add 4 anchovy fillets to the pan and mash them with a fork until they completely dissolve into the oil, about 1-2 minutes.

- 4 Add 1 teaspoon red pepper flakes and cook for 30 seconds until aromatic. Stir in 1 cup mixed olives and 1 teaspoon capers, cooking for 1 minute to warm through.
- 5 Pour in 1 cup crushed tomatoes and add 1 teaspoon dried oregano. Season with 1 teaspoon salt and 1 teaspoon black pepper.
- 6 Bring sauce to a gentle simmer and cook for 10-15 minutes, stirring occasionally, until slightly thickened and the flavors are well combined.
- 7 **Combine pasta and sauce**
Add the drained pasta to the skillet with the sauce. Toss vigorously for 1-2 minutes, adding reserved pasta water 2 tablespoons at a time as needed to create a glossy sauce that coats the pasta.
- 8 Remove from heat and serve immediately in warmed bowls, garnished with fresh parsley if desired.

Tips

Use high-quality San Marzano tomatoes for the most authentic and flavorful sauce - the difference in taste is remarkable.

Don't skip the anchovies if you eat fish - they dissolve completely and add crucial umami depth without making the dish taste "fishy."

Reserve some pasta cooking water before draining - the starchy liquid helps bind the sauce to the pasta and creates a silky texture.

Cook the garlic gently to avoid burning, which would create a bitter flavor that permeates the entire dish.

Add the pasta directly to the sauce pan for the last minute of cooking to help it absorb the flavors better.

Taste and adjust seasoning at the end - the olives, capers, and anchovies are all salty, so you may need little additional salt.

For the best texture, cook pasta just until al dente as it will continue cooking briefly when tossed with the hot sauce.

Fresh parsley added at the very end brightens the dish and provides a nice color contrast to the dark sauce.