



Pepperonata Pasta with Olives

3-4 large red or orange peppers
6 large ripe plum tomatoes
1 large onion
2 cloves garlic
1tbsps extra-virgin olive oil
100g (3.5oz) pitted green olives
310g (11oz) long spaghetti
2tbsp sunflower seeds
small bunch basil

Chop the olives into halves and briefly toast the sunflower seeds in a hot sauté pan until lightly golden.

To make the peperonata; de-seed and slice the peppers, chop the onion, finely chop the garlic and roughly chop tomatoes into chunks. Heat a little of the oil in a large sauté pan, add the onion and cook, stirring for a few minutes. Add the peppers and garlic and a little more olive oil if needed. Saute for a further 4-5 minutes then add the tomatoes, a few torn basil leaves and simmer until the sauce has thickened slightly.

Cook the spaghetti according to packet instructions then drain and mix with the peperonata, olives and top with the sunflower seeds and a few basil leaves.

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