

Spaghetti with anchovies:1pm20/05/2020

Ingredients:

250gr spaghetti
5 anchovies
3tbsp tomato paste
1 bunch of parsley
30gr pine nuts
Spicy red pepper fresh or dry to taste
1 garlic clove
7-10 pitted black olives
3tbsp olive oil
Salt as needed.

Method:

First bring a large pot of water to a boil and add a little salt.

Meanwhile we are going to make the sauce.

Heat the olive oil in a pan fry, then add 2 anchovies, olives and the tomato paste and let cook for 5 min on high heat then turn on low heat.

Now we are going to make a kind of anchovies pesto

In a container put the remaining anchovies, parsley, garlic, chilli, pine nuts and blend until smooth.

Now we can add the pesto to the pan and mix everything together.

Once the pasta is ready (al dente) until firm, strain it and add it to the sauce with a little bit of boiling water.

Stir until all the water has been absorbed and start to become like a cream.

Little advice do not add much salt to the water because the anchovies are already enough salty.