

# Vegan Spaghetti Puttanesca

## with Pine Nut Gremolata

hellóchef

Traditionally made with anchovies, our vegan version swaps the little salty fish for a fresh nutty topping.

Cals 719 • Prot 25 • Carbs 119 • Fat 21

Vegan

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🕒 cook: 30 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Spaghetti	2 ppl	3 ppl	4 ppl	
Spaghetti 10*	250	375	500	Grams
Cherry tomatoes	250	300	500	Grams
Olive oil	3	5	6	Tbsp
Tomato paste	30	50	70	Grams
Red vinegar	15	22	30	ML
Chilli flakes	2	2	4	Grams
Dried oregano	2	2	4	Grams
Brown sugar	5	5	10	Grams
Salt	1	1	2	Tsp
Kalamata olives	40	60	80	Grams
Capers	40	60	80	Grams
Pine nut gremolata				
Pine nuts 2*	40	60	80	Grams
Lemon	1	1	1	Piece
Fresh parsley	15	15	15	Grams
Garlic cloves	1	1	2	Piece
Salt	0.5	1	1	Tsp

Allergens

\*10 Wheat, \*2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2972 / 719
Fat (g)	21
of which saturates (g)	1.7
Carbohydrate (g)	119
of which sugars (g)	12.6
Fiber (g)	14.4
Protein (g)	25.4
Salt (g)	2.5

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Simmer tomatoes

Chop the **cherry tomatoes** in half. Heat a non-stick pan over a low heat with the **olive oil**. Once hot, add the **cherry tomatoes, tomato paste, red vinegar, dried chilli flakes (spicy!), dried oregano, sugar** and **salt**. Simmer for 10-15 min or until the **tomatoes** have fallen apart.



2 Boil pasta

Meanwhile, bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain and reserve a cup of pasta water.



3 Toast pine nuts

Meanwhile, toast the **pine nuts** in a hot, dry pan for 2 min or until browned.  
**Tip!** Keep an eye on the nuts as they toast – they can go from golden brown to burnt in a matter of seconds!



4 Prep gremolata

Chop the toasted **pine nuts**. Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Wash and chop the **parsley** finely. Peel and mince the **garlic**. Combine the **pine nuts, lemon** zest, **parsley, garlic** and **salt** – this is your **gremolata**.



5 Serve

Once the **tomatoes** have fallen apart, add the **olives, capers**, drained **spaghetti** and a splash of pasta water to the pan. Give everything a good mix up and cook for 1 final min. Divide among bowls and garnish with the **gremolata**.