

PASTA PUTTANESCA

by Dr Jeremy Lanford



This filling dish is a weeknight family favourite!



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Keep these ingredients stocked in your pantry and you will always have this easy, nutritious and crowd-pleasing meal on hand.

Ingredients

- 3 garlic cloves, minced
- 1/2 cup black kalamata olives, pitted and diced
- 1 tsp red chilli flakes (optional)
- 3 tbsp capers
- 1 x 400g can artichoke hearts, quartered
- 2 x 400g cans whole tomatoes, crushed by hand
- Cracked pepper
- 500g wholemeal penne pasta
- ¼ cup basil leaves, torn by hand
- 2 tbsp nutritional yeast flakes (optional)

Directions

1. In a large non-stick pan over medium-low heat, add garlic with a splash of water and saute for 1 minute.
2. Add olives, chilli flakes, capers and artichoke hearts and continue cooking for 2 minutes.
3. Add tomatoes and simmer for 10 minutes. Season with cracked pepper.
4. Heat a large pot of water over high heat until boiling, then add the penne pasta. Reduce heat to maintain a simmer and cook pasta for about 7-8 minutes or until al dente.
5. Drain pasta and mix with sauce, then serve with torn basil over top and optional nutritional yeast.

Note: For a gluten-free option, choose gluten-free whole grain or pulse pasta.

PREP TIME: 10 MINS
COOK TIME: 20 MINS
TOTAL TIME: 30 MINS
SERVES: 4

Dr Jeremy Lanford is a plant-based physician and consultant neurologist, currently practising in Oregon, US. Jeremy has previously worked as stroke lead at a number of hospitals including Capital & Coast DHB Wellington, NZ. Discovering the benefits of a plant-based diet has allowed Jeremy to truly treat disease at the root cause.

