

Want flavour – PASTA FLAVOUR PUNCH - Try this flavour hit.....

This recipe is very loose and based on 4 people.

¼ cup Olive Oil
5 Anchovy fillets
2T Capers
3 Ripe tomatoes, diced
** This sauce is great with prawns. Would be killer with chicken or even ham.....
2 cups Water
500g Penne Pasta
 Cracked pepper
 Rocket and Parsley to serve

Finely chop anchovies and capers, combine with tomatoes, water and pepper.

Bring to the boil and simmer for around 20 minutes with lid on.

Add raw prawns or diced chicken and turn heat off. Mix well and cover.

Cook pasta until 90% ready, drain and add to tomato mix.

Stir well and stand with lid on for another 10 minutes. The pasta will finish cooking and soak up plenty of flavour.

Serve on a bed of rocket, top with plenty of chopped parsley and a little more black pepper..... This one is really ready for a glass of red wine..

Yes I did not add any onions or garlic, if you just cant live without them add them to the anchovy mix BUT at least try it one time without, you may just pick up some flavours you would otherwise miss.

Chilli would also be nice.....

Cook the tomato mix as a chunky sauce and serve over BBQ chicken or maybe a steak??