



CAPONATA PASTA

INGREDIENTS

- 4 tbsp olive oil (or use the oil from your chargrilled veg, see below)
- 1 large onion, finely chopped
- 4 garlic cloves, finely sliced
- 250g chargrilled Mediterranean veg (peppers and aubergines, if possible) from a jar, pot, or deli counter, drained if in oil (you can use this oil in place of the olive oil), and roughly chopped
- 400g can of chopped tomatoes
- 1 tbsp of small capers
- 2 tbsp of raisins
- 350g of rigatoni, penne, or another short pasta shape
- Bunch basil leaves, picked
- parmesan (or vegetarian alternative), shaved, to serve

DIRECTIONS

- 01** Heat the oil in a large pan and cook the onion for 8-10 mins until starting to caramelize (or for longer if you have time – the sweeter the better). Add the garlic for the final 2 minutes of cooking time.
- 02** Tip in the mixed veg, tomatoes, capers, and raisins. Season well and simmer, uncovered, for 10 mins, or until you have a rich sauce.
- 03** Bring a large pan of water to a boil. Add the pasta and cook until tender with a little bit, then drain, reserving some of the pasta water.
- 04** Tip the pasta into the sauce, adding a splash of pasta water if it needs loosening. Scatter with the basil leaves and parmesan, if you like, and serve straight from the pan

- Prep time: 25-30 minutes
- Serves: 10