



ITALY

DINNER

PRINTABLE RECIPE PDF

Italian Spaghetti alla Puttanesca

Spaghetti alla Puttanesca is a classic Italian dish with origins in Naples. The name translates to 'spaghetti in the style of the whore', believed to be inspired

PREP

10 min

COOK

20 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 400 g spaghetti - dried, preferably artisanal
- 4 cloves garlic - finely chopped
- 4 tbsp extra virgin olive oil - for sautéing
- 1 can whole tomatoes - preferably San Marzano
- 100 g black olives - pitted and roughly chopped
- 50 g capers - rinsed and drained
- 1 tsp red pepper flakes - adjust to taste
- 1 bunch fresh parsley - chopped, for garnish
- to taste salt
- to taste black pepper

WHY THIS WORKS

About this recipe

A printable Italian Spaghetti alla Puttanesca recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Spaghetti alla Puttanesca is a classic Italian dish with origins in Naples. The name translates to 'spaghetti in the style of the whore', believed to be inspired by the quick and flavorful meal that could be prepared in the

ORIGIN & TRADITION

Mediterranean context

Spaghetti alla Puttanesca is a classic Italian dish with origins in Naples. The name translates to 'spaghetti in the style of the whore', believed to be inspired by the quick and flavorful meal that could be prepared in the evening after a long day. Its robust flavors reflect the vibrant culinary traditions of southern Italy.

METHOD

Step-by-step instructions

1

In a large pot, bring salted water to a boil and cook the spaghetti according to package instructions until al dente. Reserve 1 cup of pasta water and then drain the rest.

2

While the pasta cooks, heat the olive oil in a large skillet over medium heat. Add the chopped garlic and red pepper flakes, sautéing until the garlic is fragrant but not browned, about 1 minute.

3

Add the whole tomatoes (crushing them by hand as you add) to the skillet along with the olives and capers. Simmer for about 10 minutes, allowing the sauce to thicken slightly.

4

Add the drained spaghetti to the skillet with the sauce, tossing to combine. If the pasta seems dry, add reserved pasta water a little at a time until desired consistency is reached. Season with salt and pepper to taste.

5

Serve the pasta hot, garnished with chopped fresh parsley.

CHEF'S TIP

Using high-quality, canned San Marzano tomatoes will enhance the flavor of your sauce significantly.

NUTRITION PER SERVING (EST.)

Calories	500 kcal	Fat	20 g
Protein	12 g	Fiber	5 g
Carbohydrates	75 g	Sodium	900 mg

SERVING SUGGESTION

Serve with a side of crusty Italian bread and a simple arugula salad dressed with lemon juice and olive oil.

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