B B C FOOD

Penne al'arrabiata



Prepare

Less than 30 mins

Cook

10 to 30 mins

Serve

Makes 4

Dietary

Nut-free

Pregnancy-friendly

Vegetarian

A spicy pasta al'arrabiata - or spicy tomato sauce to you and me - an easy storecupboard pasta dish for a weeknight supper.

Ingredients

6 tbsp extra virgin olive

2 red chillies, finely sliced
2 garlic cloves, chopped
handful basil leaves
600g/1lb 5oz tinned
chopped tomatoes
salt, to taste
400g/14oz penne pasta
parmesan shavings (or
similar vegetarian hard
cheese), to serve

Method

- Heat the olive oil in a frying pan. Add the chilli and garlic to the pan. After about a minute, add the basil leaves and gently wilt them in the flavoured oil.
- 2. Remove the garlic, basil and chilli from the pan and set aside. Add the chopped tomatoes to the frying pan.
- 3. Put the garlic, basil and chilli back in the pan with the tomatoes. Simmer for at least 10 minutes, until the sauce has thickened a little. Add salt to taste.
- 4. Meanwhile, cook the pasta according to the packet instructions in large saucepan of boiling, salted water until al dente.
- 5. Drain the pasta and the tomato sauce to it. Serve with shavings of parmesan.