



4 PORTIONS

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PASTA PUTTANESCA

An incredibly lusty and tasty pasta dish whose name means "whore's pasta". The name is said to derive from the fact that all the ingredients were traditionally available in tins in Italy, which suited prostitutes who were not allowed to go out on the town during the day and therefore could not buy fresh vegetables. Whether that's true or not, it's mouth-wateringly good.

This recipe was developed under the auspices of [Vego i världsklass - Världsnaturfonden WWF](#) – asustainable food for

an active lifestyle – that WWF runs together with the Swedish Olympic Committee. By challenging prejudices and myths surrounding vegetarian food, the project shows that it is possible to eat sustainable food and at the same time perform at world-class levels! The recipe comes from the book of the same name, [Read more about this here](#). Nutritional calculations are based on values fetched from the Swedish Food Agency database and were carried out in April 2019.

INGREDIENTS

1 large yellow or white onion
 3 cloves of garlic
 150 g pitted organic kalamata olives
 3 tbsp capers
 1 teaspoon dried rosemary
 1 tablespoon dried thyme
 1 tablespoon tomato puree
 1 can (400 g) of crushed tomatoes
 1 dl dried red lentils
 3 dl water
 1 ½ tbsp vegetable stock
 1 can (380 g) of black eye beans
 400 g pasta
 1 large bunch of basil leaves
 Salt and black pepper
 Olive oil for frying

INSTRUCTIONS

- Peel and finely chop the onion and garlic. Coarsely chop the olives and capers.
- Heat a little oil in a Dutch oven or sauté pan and fry the onion and garlic until the onion has softened.
- Add the olives, capers, rosemary, thyme, and tomato puree. Fry on medium heat until the flavours have blended and a fragrant smell wafts through the kitchen.
- Pour in the crushed tomatoes, red lentils, water, and vegetable stock. Stir and cook on medium heat until the lentils are soft, about 20 minutes. If necessary, dilute with more water. Stir in the black eye beans when 5 minutes of the cooking time remain.
- Cook the pasta according to the instructions on the package while the sauce is under preparation.
- Drain the pasta in a colander and pour it back into the pan. Stir the sauce into the pasta, season with salt and pepper and garnish with freshly chopped basil.



TO MEET THE ONE PLANET PLATE CRITERIA: Choose organic pasta, olive oil, onions and olives.