

Pasta Putanesca



Prep:

5 minutes

Total:

15 minutes

Sirve:

6 servings

Pieza:

12" Electric Oil Core Skillet

Valora: ★★★★★☆

Contribuido por:

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Descripción de la Receta:

It doesn't get much easier than adding all your ingredients to your pan and having pasta skillet dinner ready in under 15 mins. With the Saladmaster 12" Electric Oil Core, it's possible! Add all your ingredients and in less than 15 mins you will have a delicious meal ready for you and your family to enjoy.

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12 oz
uncooked spaghetti pasta
4 oz
olives

14 oz
 artichoke hearts, drained & chopped
 1 ½ cups
 chickpeas
 ¼ cup
 capers
 1 onion, strung, use Cone #2
 3 garlic cloves, shredded, use Cone #1
 1 tbsp
 oregano, dried
 1 tsp
 basil, dried
 ½ tsp
 thyme, dried
 ½ tsp
 red pepper flakes
 ¼ tsp
 black pepper
 4 cups
 vegetable broth
 28
 oz can, diced
 tomatoes

Preparación :

1. Break pasta into thirds and add to the 12" Electric Oil Core Skillet.
2. Add all remaining ingredients on top of the pasta, adding the broth last.
3. Cook and cover over medium heat until Vapo-Valve™ begins to click steadily.
4. Remove cover and stir gently to separate pasta.
5. Cover. Reduce heat to low and cook for 8-10 mins, or until pasta is tender and to your liking.

Información nutricional por ración

Calorías: 421
Grasa Total: 15g
Grasa 2g
Saturada:
Colesterol: 3mg
Sodio: 580mg
Carbohidratos: 93g
Fibra 9g
Dietética:
Azúcar: 6g
Proteína: 19g