



## Stretewise - The Village Magazine - Recipes

### Spaghetti Puttanesca with Red Beans & Spinach

#### The ingredients:

- 100g wholemeal spaghetti
- 1 large onion finely chopped
- 1 tbsp rapeseed oil
- 1 red chilli, deseeded and sliced
- 2 garlic cloves, chopped
- 200g cherry tomatoes, halved
- 2 tsp cider vinegar
- 1 tbsp capers
- 5 Black olives, halved
- 1 tsp smoked paprika
- 210g can kidney beans (drained)
- 160g spinach leaves
- handful of chopped parsley
- handful of basil leaves



#### Method:

Cook the spaghetti in simmering water for 10-12 mins until al dente.

Hold back the pasta water to wilt the spinach later.

Meanwhile, fry the onion in the oil in a large non-stick frying pan with until tender and turning golden. Stir in the chilli, garlic and cherry tomatoes.

Add the vinegar, capers, olives and paprika with a ladleful of pasta water.

Stir in the beans and cook until warmed through.

Add the spinach to the pasta water to wilt, then drain well.

Toss with the tomato and bean mixture and the parsley and basil, then pile onto plates or in shallow bowls to serve.