

FR. FRANK'S SPRING PUTTANESCA PASTA

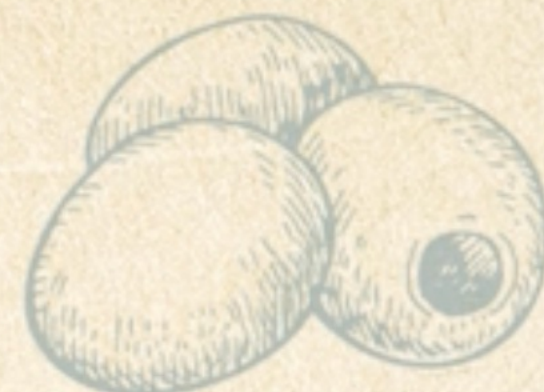


Ingredients:

- ✦ 1 pound pasta of choice
- ✦ 2 medium spring onions
- ✦ ½ cup extra-virgin olive oil
- ✦ 6 large garlic cloves, thinly sliced
- ✦ 1 (2-ounce) can flat anchovy fillets in oil, drained
- ✦ ¼ cup capers, drained
- ✦ ½ teaspoon red pepper flakes
- ✦ ½ cup dry white wine
- ✦ 1 cup olives, pitted and coarsely crushed
- ✦ ¼ teaspoon black pepper
- ✦ 3 cups loosely packed baby arugula
- ✦ ½ cup loosely packed fresh flat-leaf parsley, chopped
- ✦ Parmesan cheese (optional)



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Instructions:

1. Bring a large saucepan of lightly salted water to a boil over high. Add pasta; cook, stirring occasionally, until 2 minutes short of al dente. (Pasta will finish cooking in sauce.) Drain pasta, reserving 1 cup cooking liquid.
2. While pasta cooks, thinly slice spring onions, separating bulbs from greens. Heat olive oil in a large, high-sided skillet over medium. Add spring onion bulbs, garlic, anchovies, capers, and chiles. Cook, stirring often, until spring onion bulbs are softened and anchovies are dissolved, about 5 minutes. Add wine, and cook, stirring often, until almost evaporated, 2 to 3 minutes. Stir in olives and spring onion greens; cook, stirring often, until heated through, about 2 minutes. Season with black pepper.
3. Add cooked pasta and reserved cooking liquid to skillet. Bring to a simmer over medium-high; cook, tossing continuously, until pasta is al dente and coated in a light sauce, about 3 minutes. Fold in arugula and parsley. Divide evenly among 4 bowls, and serve immediately. Top with cheese if desired.

