Podere Riparbella
Agriturismo ecologico
Agricoltura biologica
58024 Massa Marittima, Italia
T +39 0566 91 55 57
www.riparbella.com

115 Recipe number one hundred and fifteen

Pasta in un lampo
Pasta in a flash

Hungry but no time to cook? Then this recipe idea is just right for you!

Ingredients for 4 people

	Apart from the pasta, you need:
breadcrumbs	toasted
anchovy fillets	
garlic cloves	
lemon zest	grated
parsley	roughly chopped
chilli	
salt	

First toast home-made breadcrumbs in a frying pan with a little olive oil until golden – watch them carefully, they burn quickly! Then bring a pot of water to the boil and salt it,

500 g spaghetti cook according to the packet instructions;

meanwhile

8 to 16 anchovy fillets preserved in oil, and

1 to 2 garlic cloves finely chopped or crushed:

let them melt slowly together in a little olive oil – the garlic must not turn brown!

Drain the spaghetti al dente, return them to the pot and toss with olive oil and the parsley.
Then stir in the anchovy and garlic mixture well
and pep it up with the grated zest of one lemon and a little chilli.

Stir well and taste: are saltiness and heat to your liking?

Serve and sprinkle at least one tablespoon of breadcrumbs over each plate.



VERONICA'S TIP

I also like to add some chopped capers. Meat lovers can of course fry a few cubes of bacon and stir them in.

Add a glass of Rosato or Vermentino, put on some Italian music – and you can already smell the sea breeze!

Ever since our trip to the Amalfi Coast we have been using the anchovies from Delfino Battista in Cetara. They are not available everywhere. Buy good quality – it's worth it!