

Artichoke & Fried Caper Spaghetti by Janette Mitchell

Prep time 20 mins | Serves 4

Ingredients:

1 125ml jar capers, fried
½ 680ml jar of artichokes, drained and cut into bite sized pieces
½ 270ml jar thinly sliced sundried tomatoes, plus 4 tbsp reserved oil from jar
375g pkg of whole grain spaghetti
½ cup reserved pasta water
2 cloves garlic, minced
1 tbsp grated lemon zest
grated parmesan cheese
fresh ground pepper

Method:

1. Cook pasta according to package instructions.
2. While the pasta is cooking, drain the capers and pat very dry. In a large pan at medium-high, add 1 tbsp of the sundried tomato oil, and then the capers. Roll around in pan and fry until browned, and crispy about 2-4 mins.
3. Remove capers to a dry paper towel. In same large pan, add remaining 3 tbsp oil, and garlic and cook for 1 min or until golden. Add the artichokes, and thinly sliced sundried tomatoes. Keep on medium heat.
4. Drain pasta and reserve ½ cup pasta water.
- 5.. Add the reserved pasta water to the oil mixture and bring to a quick boil for 1-2 mins so sauce thickens slightly.
4. Add the cooked (unrinsed) spaghetti to the pan and using tongs, gently stir into sauce to coat.
5. Plate your pasta in a large serving dish or into individual servings and top with the capers, and garnish generously with the lemon zest, parmesan and fresh ground pepper.

Cook's notes:

- No need to salt the sauce as the capers and artichokes have enough salt to flavour well.
- For extra protein you could add a can of flaked tuna, but don't let this dish fool you – there is 12g of protein per serving in whole grain pasta!