



Mediterranean Pasta

Ingredients

2 tablespoons capers
4 tablespoons pitted black olives
5 anchovy fillets rinsed and finely chopped
2 fresh tomatoes, chopped
400g wholewheat pasta
bunch of fresh basil, chopped
5 tablespoons olive oil
fresh pepper

Method

1. Bring a large pan of water to the boil, and cook the pasta. Reduce stated cooking time by one minute. When the pasta is ready, drain and reserve some of the cooking water.
2. Meanwhile, place all other ingredients in a pan, leave half the olive oil and some fresh basil aside.
3. Add the pasta to the pan containing the sauce ingredients, mix well and add some cooking water, if needed. Add the rest of the olive oil and fresh basil. Season with pepper and serve immediately.

