

RECIPE

Pasta Caponata



Ready in **30 minutes**

Serves **8 people**

Ingredients

- Pasta Caponata
- 1) 2 eggplants Cut in cubes and baked with salt , pepper and chilly flakes for 30 mins.
- 2)10 oz cherry tomatoes baked(optional)
- 3)3 tbsp olive oil
- 4) 11/2 tsp chilly flakes
- 5)1 red onion
- 6)3 garlic cloves
- 7)1 celery stalk chopped
- 8) 2 tbsp tomato paste (optional)
- 9) 1 can(14/5 oz) chopped tomatoes
- 10) 1 tsp dried oregano(optional)
- 11)2 sprigs fresh thyme(optional)
- 12) 3 tbsp small capers(optional)
- 13) 1/4th cup raisins
- 14) 2 oz Kalamata olives
- 15)1 lb penne pasta cooked 1 min less then package directions
- 16) 1/2 oz dark chocolate (optional)
- 17) 20 sprigs fresh parsley , leaves chopped
- 18) 1 tbsp balsamic vinegar
- 19) 11/2 oz pine nuts or pieces of your favorite nuts
- 20)Salt and black pepper
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Preparation

1. Before the class, boil pasta according to the package directions minus one minute
2. Before the class. Chop eggplant into 3/4th inch pieces. Chop optional grape tomatoes. Drizzle with olive oil, salt, pepper and chilli flakes. Bake for 30 mins.
3. Before the class, Chop onions, celery, mince garlic, grate optionally chocolate, chop and prepare parsley, oregano, thyme.
4. Pour 2 tablespoons of oil in a large pot. After it heats up add chopped onions, minced garlic and chopped celery. Cook all for 2 mins.
5. Add tomato paste to the pot and stir for 20 seconds.
6. Add chopped tomatoes, capers, olives, raisins, oregano and thyme. Simmer everything for 3 mins. Keep on stirring
7. Add roasted eggplants and tomatoes to the pot. Cook all for 2 mins. Keep stirring every 20 seconds.
8. Add dark chocolate or cocoa powder, balsamic vinegar and 3/4th of parsley. Cook further for 2 mins. Keep stirring.
9. Add Pasta to the pot and cook for a minute of two till heated through. Keep stirring. Be gentle.
10. Add garnish of chopped nuts and parsley. Serve hot.