

SPICY RED LENTIL ROTINI SAPORITI

INGREDIENTS

- 4 T Extra virgin olive oil
- 3 cloves Garlic (minced)
- 1 T Capers (drained)
- 28 oz Tomatoes (San Marzano) (chopped)
- 1 Chili pepper (red) (small) (seeded) (chopped)
- 1/2 C Black Olives (sliced)
- 1/2 C Green Olives (sliced)
- 1 T Oregano (fresh) (roughly chopped)
- 1 T Basil (fresh) (roughly chopped)
- Salt & pepper (to taste)
- Red Lentil Rotini (Tolerant)



DIRECTIONS

- 1 Heat oil in a deep sided pan & add capers & garlic & sauté until fragrant
- 2 Add tomatoes & chili pepper & season with salt & pepper
- 3 Bring to boil, reduce heat & cover & simmer (20 minutes) stirring as necessary
- 4 While sauce is cooking, place a large pot of generously salted water on to boil
- 5 When boiling, add Tolerant Red Lentil Rotini & cook until just short of al dente (8-10 minutes)
- 6 After sauce has simmered add olives, oregano & basil, stirring to combine
- 7 Add TOLERANT Red Lentil Rotini & continue cooking for just a minute or so

NOTE

Serves 5

