

## What's in the Bag

1 box of pasta (10 ounces)  
1 can (4.5 ounce) can tomato paste  
6 shallots  
4 cloves garlic  
1 tsp red pepper flakes  
1 can anchovies  
flat-leaf parsley

## What's Not

Salt & pepper (ideally fresh ground)  
Olive oil