

Caramelized Shallot and Tomato Pasta with Anchovies

Time 40 minutes

Based on a recipe by Allison Roman

Ingredients (4 servings)

1 cup of roughly chopped parsley
6 shallots, thinly sliced
4-5 cloves of garlic, thinly sliced
1/4 cup olive oil
1 can of anchovy fillets
1 (4.5 ounce) can of tomato paste
1 tsp red pepper flakes
1 box of pasta (about 10 ounces)
salt & pepper



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. Get a big pot of water on high to boil.
2. Thinly slice shallots and garlic.
3. Heat olive oil in a large, heavy bottomed pan over medium heat and add shallots and garlic. Cook stirring occasionally until the shallots have totally softened and become golden-brown in colour, about 15 minutes.
4. Add red pepper flakes and drained anchovies. Stir and cook for 2 minutes then add tomato paste and cook stirring constantly until it reaches a dark red colour, about 2 minutes. Season with salt and pepper and remove from heat.
5. Cook pasta in boiling water until al dente (just under-cooked) then drain and transfer to the skillet with the sauce. Add a 1/2 cup of water and cook over medium heat stirring until pasta is evenly coated and cooked through (about 3 minutes).
6. Add parsley, plate, and enjoy!

This is a friendly reminder to folks to bring back the mason jars that come in your meal kits. They are essential in our waste-reduction efforts. They can be returned to The Meeting Place or left out to be picked up on delivery days. Oh, and we will also happily accept mason jar donations! Thank you for your on-going support. May you eat well and prosper.