

*PASTA ALLA SICILIANA,*  
*MY WAY*



My mother made us this pasta dish often when we were growing up, a very very quick meal, (it takes more time to heat up the water, than it does to make the sauce), made up of simple ingredients – garlic, tomato paste and olives, and we loved it! I don't know if this is how they *actually* eat pasta in Sicily, but my mum always called it *alla Siciliana*, so who am I to change things?

I also make it for my family, but I like to play a little, so here, you'll get the *playful* version. 😊 I like adding baby and sun-dried tomatoes, as well as some chilli flakes and oregano. Sometimes, I even add thinly sliced courgettes, as well as Manouri (a Greek semi-soft whey cheese, made out of goat or sheep's milk). If you can't find Manouri, then substitute it with Feta, or even freshly grated Parmigiano Reggiano or Pecorino Romano. Make sure to reserve some of the pasta water for the sauce.

For that small 'something' extra, roast some pine nuts and sprinkle on top.

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**Yields:**

4-6 servings

**Prep. Time:**

0 hours 15 minutes

**Cook Time:**

0 hours 20 minutes

**Total Time:**

0 hours 35 minutes



Not suitable for freezing



Suitable from 10-12 months



Suitable for vegans, just skip the cheese on top



Suitable for vegetarians

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## INGREDIENTS FOR PASTA *ALLA SICILIANA* MY WAY

- 1 pack of pasta of your choosing
- 2-3 Tbsp olive oil
- 250g baby tomatoes, sliced in half
- 6 sun-dried tomatoes, sliced in half
- 100g black Kalamata olives, with the pits already removed
- 4 Tbsp (65g) tomato paste
- 3 garlic cloves, finely crushed/chopped

- A good pinch of chilli flakes (This is optional. Skip it altogether if you don't like spice or add more if you can handle the heat!)
- A good pinch of dried oregano
- A pinch of sugar
- Salt & pepper to taste
- A little of the reserved water the pasta was cooking in
- 40g roasted pine nuts (optional)

## METHOD

1. Place water in a pot with some salt and olive oil, and bring to the boil.
2. In a dry frying pan, roast your pine nuts. (This is optional if you do not want to add them, or even like pine nuts, but it adds a little extra something.)
3. Whilst the water is boiling, slice the baby tomatoes, the sun-dried tomatoes, crush the garlic cloves, and set them all aside.
4. When the water has boiled, cook the pasta to *al dente*. (Each different pasta type will require different cooking times, so follow the instructions on the packet.)
5. Drain the pasta, making sure to reserve some of the cooking water.
6. In the pot you boiled your pasta in, add the olive oil and heat a little.
7. Add the baby and sun-dried tomatoes, as well as the garlic (Add them all at the same time, so the garlic doesn't brown and become bitter tasting.)
8. Add the tomato paste and stir.
9. Pour in some of the pasta water, and stir.
10. Add the chilli flakes, sugar, oregano, salt and pepper to the sauce, and cook until the baby tomatoes are a little softer. Don't overcook – you don't want mushy tomatoes.
11. Add the drained pasta and mix well.
12. If you like, you can grate some Parmesan, Manouri, Feta or Pecorino on top.
13. Add the roasted pine nuts (if desired).
14. If you'd like to add the courgettes, as well, finely slice them first. (I prefer small courgettes, the smaller the better. They're less watery and retain their nutty flavour which I love!)
15. Add them to the pasta sauce when it's almost done, the last 1-2 minutes, as you don't want them becoming too soft and soggy. And that's it!

16. Enjoy whichever version you make!



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