

**OVERALL time: 45 mins**

## Spaghetti Arrabiata

With the help of our NEW Chilli Liquid Seasoning, this Chilli Spaghetti Arrabiata brings bold, fiery flavour - without the chopping, fuss or burning fingers. Simply drizzle, stir and simmer for a quick pasta that packs a punch. Because life's too short for bland.

Metric

**Number of servings : 4**

### ingredients

#### For the pasta

- 2 Tbsp olive oil
- 2 cloves fresh garlic, minced
- (or use 1 Tbsp Cape Herb & Spice Liquid Seasonings Garlic)
- 700 g tomato passata
- pinch of sugar
- 2 Tbsp Italian flat leaf parsley, chopped
- 2 Tbsp **Cape Herb and Spice Liquid Chilli**
- 400 g spaghetti

#### To serve

- grated parmesan
- roughly chopped parsley

#### To taste

- **Cape Herb and Spice Extra Bold Black Pepper**

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 5 mins | COOKING TIME: 40 mins**

Heat olive oil in a large pot or deep saucepan.  
Add the garlic and cook until tender and fragrant.

Add the tomato passata and season with a pinch of sugar and then **Cape Herb & Spice Salt and Pepper**.

Simmer for around 30 minutes until the tomato flavour deepens and the sauce thickens. Finish the sauce with the fresh parsley and **Cape Herb & Spice Liquid Seasonings Chilli**.

Just before the sauce is ready, cook your pasta according to the packet instructions. Drain the pasta, saving about a cup of pasta cooking water.

Add drained pasta to the large pot of sauce.

Toss quickly to coat.

If you need to make your pasta a little silkier, add a splash of pasta water and continue to toss.

Serve pasta straight away right out of the pot.

Sprinkle with a little more fresh parsley and plenty of grated parmesan and enjoy!

<https://www.capeherb.co.za>

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