



Spaghetti With Cod Fish, Olives, Capers And Tomatoes

Do you feel like having a simple dish of pasta with intense flavours? Well, you absolutely have to try spaghetti alla chitarra with dried cod fish, black Gaeta olives, dried tomatoes and capers. Of course you use thyme and parsley as well as a pinch of lemon zest that freshens the whole dish. The dried cod fish is soaked, boiled in a little milk and then the bones are removed. Preparing the sauce takes the same time as cooking the pasta. It's a Mediterranean sauce you're sure to love!

Ingredients (4 Servings)

Shopping List

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| ☐ 360 g Of Chitarra | ☐ 400 g Of Dried Cod Fish Soaked |
| ☐ Milk Enough To Simmer The Fish | ☐ 20 Gaeta Black Olives |
| ☐ A Handful Of Capers Preserved In Salt | ☐ 10 Tomatoes Preserved In Oil |
| ☐ 1 Clove Of Garlic Still In The Skin | ☐ 8 Tablespoons Of Extra Virgin Oil |
| ☐ Lemon-Flavoured Thyme To Taste | ☐ Salt And Pepper To Taste |
| ☐ Half A Glass Of White Wine | ☐ Breadcrumbs To Taste |
| ☐ Lemon Zest To Taste | ☐ Parsley To Taste |

Preparation

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Prepare the Cod

Put the dried cod in a frying pan, pour the milk on top and simmer for 10 minutes. Next, remove the skin and bones and chop it coarsely. Thinly slice the dried tomatoes, finely chop the capers and chop the olives. Heat the oil in a frying pan and add the garlic still in its skin, let soften and then add the cod fish. Fry over high heat and then add the wine. Let it evaporate then stir in the capers. Let the flavours blend for 5 minutes then stir in the dried tomatoes, olives, lemon zest, chopped parsley and thyme. At the end of cooking add salt and pepper to taste. Remove the garlic. Toast the breadcrumbs in a pan until brown.

Cook the Pasta

Boil the pasta in plenty of salted water and drain when slightly undercooked. Keep a little of the water the pasta was cooked in. Toss the pasta in the sauce, if necessary, add a little cooking water and a drop of extra virgin olive oil.

Serving

Turn the pasta onto a serving plate and sprinkle with toasted breadcrumbs. Enjoy your meal!