Dinner

# Pasta Spirals with Sun-Dried Tomato Dressing

Tender pasta spirals are tossed in a punchy blended dressing of sun-dried tomatoes, anchovy, capers and parsley, ready in the time it takes to cook the pasta.

| 5 min | 412 | 55.1 g | 2.1 g |
|---|---|---|---|
| time | calories | carbs | sugars |

Dairy free | Low sugar

## Ingredients, 3 servings

- [ ] 225 g eliche pasta (or pasta shapes of your choice)
- [ ] 40 g sun-dried tomatoes and 2 tbsp oil from the jar
- [ ] 1 anchovy fillet
- [ ] 1 tbsp capers
- [ ] 2 tbsp fresh parsley

## Method

- [ ] 1 Cook the eliche pasta following the pack instructions, then drain it well.
- [ ] 2 Meanwhile, tip the sun-dried tomatoes with their 2 tbsp of oil from the jar into a blender or food processor along with the anchovy fillet, the capers and the fresh parsley, and blend for 30 seconds until everything comes together but still holds a little texture.
- [ ] 3 Stir the blended dressing through the drained pasta and serve.

## Nutrition Facts

Per serving

| Calories | 412 |
|---|---|
| **Total fat** | 15.6 g |
| Saturated fat | 2.1 g |
| **Sodium** | Not listed |
| **Total carbs** | 55.1 g |
| Fiber | 4.6 g |
| Total sugars | 2.1 g |
| **Protein** | 10.4 g |

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