

Easy Mediterranean Puttanesca Pasta Salad

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Easy Mediterranean Puttanesca pasta salad is a bold and zesty classic, combining the briny, savory flavors of traditional puttanesca sauce with the ease of a chilled pasta salad. Made with al dente pasta, juicy cherry tomatoes, olives, capers, garlic, and a touch of anchovy, it's tossed in a light vinaigrette and finished with fresh herbs. Perfect for summer picnics, potlucks, or a quick Mediterranean-inspired lunch.

This Easy Mediterranean Puttanesca Pasta Salad sauce might have a scandalous past, history has it was made by prostitutes, for its powerful aroma, used to draw customers.

I don't know how much is fact and how much is fiction, I love the history behind the recipe.

I know growing up we referred to it as the sauce of the prostitutes. The combination of garden fresh tomatoes, anchovies, olives and capers, gives this Puttanesca sauce a robust rich flavor, with aroma that still draws people to a different room,... The kitchen.

I like simple recipes, that come together in less than an hour, but from the looks of the meal we can tell our friends it took hours. Serve it up in pretty white dinner plates add some festive napkins and you have a beautiful table and meal, that comes together in 30 minutes, is quick and easy for

family weekday dinners and just fancy enough for Saturday date night.

It's a simple raw sauce with bold flavors, created by strong flavored ingredients.

Things to know about this Easy Mediterranean Puttanesca Pasta Salad

I used large shells, in this puttanesca pasta recipe you can use any shape pasta you like, even gluten free, also I used kalamata olives, I love their pungent taste.

Traditionally the olives used by mother were picked on our family farm in Tuscany, she would cure them in a salt and water solution she changed every few days, for weeks.

until the bitterness was drawn out. They went from a shiny purple to a shriveled up olive, she marinated in olive oil, garlic, orange rind, and red pepper flakes, they were delicious and time consuming.

Although you can customize this recipe to fit your lifestyle and taste, it's important in this recipe to use flavorful olives, and don't omit the anchovies this raw sauce needs the salty goodness they provide. One more thing, you should use albacore tuna.

I hope you try this and the part I like best....Let me know how you liked it!!!!

Ingredients

- 1/2 lbs. large shell pasta cooked according to package directions (el Dente) reserve 2 cups of pasta water before draining

- 1 cup olive oil
- 1/3 cup balsamic vinegar
- 1 small chopped red onion
- 2 Tbs. chopped garlic
- 4 anchovy fillets
- 1/2 cup capers
- 1/2 cup chopped kalamata olives
- 4 cups chopped mixed tomatoes
- 2 cans albacore tuna packed in oil undrained
- 1 Tbs. each chopped Italian parsley, basil, thyme and red pepper flakes
- 1 cup crumbled feta cheese
- Salt and pepper to taste

Instruction

1. Cook pasta according to package directions reserving 1 cup of the water
2. Mean while prepare your dressing
3. Add onion, garlic, herbs, salt and pepper to the olive oil and balsamic vinegar
4. Then Add the Tomatoes let sit for 10 minutes
5. Add the rest of the ingredients except the feta cheese
6. mix in the pasta and reserved pasta water
7. Salt and pepper to taste
8. Top with the feta cheese and Enjoy!!!!