



THOUGHTFUL COOKING WITH TINA

Puttanesca Pasta with Anchovies & Polenta-Crusted Aubergine

SERVES 3 • 50 MIN • HIGH PROTEIN

A high-protein puttanesca pasta with whole anchovies and polenta-crusted aubergine — the briny classic with a fibre-rich twist.

INGREDIENTS

POLENTA-CRUSTED AUBERGINE

150g aubergine, peeled, cubed (1–1.5 cm)
1 tbsp olive oil
2 tsp pomegranate molasses
2 tbsp fine polenta
1 tsp ground cumin
½ tsp smoked paprika (optional)
½ tsp sea salt

TOMATO SAUCE

2 small shallots (approx. 60g), finely diced
2 garlic cloves, finely grated
400g can whole peeled San Marzano tomatoes
125ml (½ cup) water or vegetable stock
10 sundried tomatoes, finely chopped
Zest of ½ lemon
2 tbsp oil from the sundried tomatoes
1 tsp chilli flakes
Handful of fresh basil, chopped
Salt and black pepper to taste

TO SERVE

240g dry durum wheat linguine (see note)
9 whole canned anchovies, sulphite-free, in extra virgin olive oil
2 tbsp finely grated Parmesan (optional)
Olive oil drizzle (optional)

Substitute the durum pasta with black bean pasta to boost the protein or avoid gluten.

ALLERGENS

Wheat • Fish • Milk (Parmesan)

METHOD

1. Preheat the oven to 180°C (gas mark 4). Line a baking tray with PVC-free parchment paper.
2. Toss the aubergine cubes with the olive oil, pomegranate molasses, cumin, paprika (if using) and salt. Add the polenta and toss again to coat evenly. Spread on the tray and bake for 30–35 minutes until golden, shuffling once or twice for even roasting.
3. While the aubergine bakes, heat the sundried tomato oil in a saucepan over medium heat. Sauté the shallots for 3–5 minutes until soft, then add the garlic and cook for another 30 seconds.
4. Add the whole peeled tomatoes, crushing them gently with a spoon, then pour in the water or stock. Stir and simmer for 15–20 minutes, until the sauce reduces and thickens.
5. Stir in the chopped sundried tomatoes and cook for another 5 minutes.
6. Season with salt, black pepper and chilli flakes. Turn off the heat and stir in the basil and lemon zest.
7. Cook the linguine in salted boiling water for one minute less than the packet says. Lift the pasta straight from the water into the sauce with tongs — no draining needed.
8. Set the pan over low heat and toss the pasta through the sauce to finish cooking and coat evenly.
9. Divide between plates and top with the anchovies and aubergine cubes.
10. Finish with extra basil, a drizzle of olive oil and a light grating of Parmesan, if using. Serve immediately.

PER PORTION • estimated

~649 kcal • Protein ~25.8g • Fat ~23.1g • Carbs ~85.1g • Fibre ~6.9g