

## Spaghetti with roast pepper, olive and caper sauce *(Pasta & rice main dishes)*



### Preparation

Roast the peppers in the oven or under a grill, whatever you find easier. Slice the onion thinly and place in a frying pan with the extra virgin olive oil. When the onion is wilted, add the peeled peppers, cut into strips. Then add the olives and capers, well rinsed of their salt. Add salt if necessary, and add a pinch of oregano. Put on a low flame and warm through. Cook the spaghetti until al dente, drain and toss in the sauce. If you like, you could add a little chilli oil.

### Tips

After roasting the peppers, to peel them easily place them in a small plastic bag while still warm. The steam and moisture that develops inside the bag will serve to loosen the skin, making it easy to remove!

### Trivia

Do you suffer from high cholesterol? Eat some black olives every day! They help to increase good cholesterol!

### Information

**Preparation** 20 minutes

**Total Time** 15 minutes

**Serves X** Serves 3 persons

**Level of difficulty** Easy

la terra di Puglia



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### Ingredients

**768** 250 grams

**Bell peppers** (3 mixed sweet peppers, red and orange)

**Onions** (Half a small white onion)

**Olives** (Two tablespoons of black olives)

**Capers** (Two tablespoons of capers preserved in salt)

**Extra virgin olive oil**

**Salt**

**Oregano**