



Black Spaghetti Arrabbiata

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 2 tablespoons O&V [Garlic EVOO](#) *
- 1 shallot, thinly sliced
- 1/3 cup O&V **Arrabbiata Spice mix** *
- 6-7 garlic cloves, thinly sliced
- 1 cup white wine (or vegetable stock)
- 2 cans fire roasted diced tomatoes
- Salt to taste
- Additional red chili flakes to taste
- 3/4 cup fresh basil, chopped
- Zest from one lemon
- 8 oz black bean pasta or O&V **squid ink pasta** (See Chef Note)
- 12 oz peeled and deveined shrimp (optional)
- Lemon wedges to serve

Preparation

Cook the black bean or squid ink pasta according to package directions and drain.

In a large saucepan, heat the Garlic EVOO on medium low heat and add the sliced shallots and sauté for 1-2 minutes. Add the sliced garlic and the Arrabbiata spice mix and sauté for 2-3 minutes.

Add in the white wine, increase the heat and reduce by half. Pour in the diced tomatoes with their juices, and cook down till reduced and thick. If cooking with shrimp, add them a few minutes after the tomatoes, so they cook while the liquid reduces. The shrimp

should be done in about 4 minutes, so don't add them too early or they will overcook and get stringy. Add salt to taste.

Add the drained pasta to the sauce and combine well. Stir in the lemon zest, fresh basil and chili flakes to taste and serve hot with lemon wedges to squeeze onto the pasta.

Serves 4-5

Total time: 20 minutes

Chef Note

I love using our O&V **Squid Ink pasta** in this dish and topping the pasta with shrimp, but to convert this to a gluten free and vegan option, you can use pasta made from black beans to provide the same wonderful black and red visual appeal. This dish will taste amazing with regular pasta too.

Notes

* The [Garlic EVOO](#) adds a nice layer of garlicky flavor that is further enhanced by the garlic cloves. You can use an unflavored EVOO and add additional cloves of garlic. The **Arrabbiata spice mix** is amazingly easy to use with a tremendous flavor punch from the tomatoes, onion, parsley and chili powder in it, there is no easy substitution, but email me for a similar recipe if you prefer. The **Squid Ink Pasta** and **Arrabbiata spice mix** are available at most [Oil & Vinegar Stores](#).

Categories: Entrée, Vegetarian, Gluten Free, Vegan, Pasta, Squid Ink Pasta, Black Bean Pasta, Garlic EVOO, Arrabbiata Spice Mix, Black Bean Pasta, Red & Black Pasta Dish, Plant Based, Mediterranean Diet, Easy Weeknight Meal, 30-Minute Dinner,