



WHERE PASSION MEETS THE PLATE

PENNE ARRABBIATA

A classic Italian pasta with a spicy, garlicky tomato sauce. Simple, bold and full of flavor.



SERVINGS
4



PREP TIME
10 MINUTES



COOK TIME
25 MINUTES



DIFFICULTY
EASY

INGREDIENTS



340 g
penne pasta
(high-quality, e.g. De Cecco)



3 tbsp
extra virgin olive oil



4–6
garlic cloves,
thinly sliced



1–2 tsp
red pepper flakes
(adjust to taste)



1 x 796 mL
San Marzano tomatoes
(DOP), whole or crushed
(e.g. Mutti, La San Marzano,
or Cento)



1 tsp
salt (or to taste)



½ tsp
black pepper



¼ cup
fresh parsley, chopped
(plus more for garnish)

½ cup
Pecorino Romano
(or Parmesan), freshly grated

STEP-BY-STEP



1

COOK THE PASTA

Bring a large pot of salted water to a boil. Cook the penne until al dente according to package instructions. Reserve 1 cup of pasta water, then drain.



2

SAUTÉ GARLIC AND CHILI

While the pasta cooks, heat the olive oil in a large skillet over medium heat. Add the sliced garlic and red pepper flakes. Cook for about 1 minute, until the garlic is fragrant and just starting to turn golden (do not let it burn).



3

ADD THE TOMATOES

Add the San Marzano tomatoes (crushed or gently break up whole tomatoes with a spoon). Season with salt and black pepper. Bring to a gentle simmer and cook for 15–20 minutes, stirring occasionally, until the sauce thickens slightly and the flavors develop.



4

COMBINE

Add the cooked penne to the sauce. Toss well, adding a splash of reserved pasta water as needed to loosen the sauce and help it cling to the pasta.



5

FINISH

Stir in the chopped parsley. Adjust seasoning to taste.



6

SERVE

Plate immediately. Top with freshly grated Pecorino Romano and extra parsley. Serve hot.

PHIL'S NOTES



- Your final product is only as good as your ingredients. When ever possible use the highest quality tomatoes, imported cheeses and the best pasta you can get.
- Adjust the amount of red pepper flakes to your preferred spice level.
- Use high-quality San Marzano tomatoes (DOP) for the best flavor.
- Pecorino Romano is traditional, but Parmesan works well too.
- This dish is best enjoyed immediately.