Sun-Dried Tomato and Walnut Pasta with Caper Crumbs

2 pasta bowls · Active 30 min · Total 40 min

Skills: Confident beginner

Ingredients

- Scant 1/4 cup dry plain breadcrumbs (20 g)
- 1 tablespoon olive oil (15 ml), divided
- 6 oz short dried pasta such as fusilli (170 g)
- 3 1/3 cups drinking-quality water for cooking the pasta (800 ml), plus more if needed to keep it submerged
- 1/3 cup oil-packed sun-dried tomatoes, drained and finely chopped (50 g)
- 1/3 cup walnuts, finely chopped (40 g)
- 1 small garlic clove, finely chopped (3 g)
- 1 tablespoon drained capers, patted dry and chopped (15 g)
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons chopped parsley (8 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)

Set out

At least 2.5-liter (2.6-quart) saucepan, 9–10-inch (23–25 cm) skillet, Colander, Heatproof measuring cup, Knife and board, Dry bowl for the crumbs, Tongs or two serving spoons

Allergens

Wheat, Walnuts (tree nuts); check breadcrumbs and pasta for egg, milk or other listed allergens. Check labels and substitutions.

Make it

1. Heat 2 teaspoons (10 ml) of the oil in the skillet over medium-low heat. Add the dried chopped capers and stir for 1 minute, then add breadcrumbs and stir for 2–3 minutes until evenly golden, watching closely. Transfer to the dry bowl and keep the topping out of the pasta pan.

2. Bring the 800 ml cooking water to a boil in the saucepan. Add pasta, stir frequently during the first minute and cook for its full package time until tender. Add more boiling drinking water if needed to keep the pasta submerged. Reserve 1/4 cup (60 ml) of the cooking water in the heatproof cup, then drain. Cover the pasta pot off the heat while finishing the sauce; do not leave it standing for an extended period.

3. Return the skillet to the burner with the remaining 1 teaspoon (5 ml) oil. Add tomatoes, walnuts and garlic and stir over medium-low heat for 1–2 minutes, until fragrant without browning the garlic.

4. Add pasta and 2 tablespoons (30 ml) reserved cooking water. Toss for 1 minute. Add up to the remaining 2 tablespoons water only if the pasta needs loosening. Remove from the heat and fold in lemon juice, parsley, salt and pepper. Divide between two bowls and scatter each with half the caper crumbs. Serve promptly.

Put the jar away before traveling

After measuring, wipe the rims and close the jars securely. Keep opened ingredients refrigerated when their labels require it, and secure glass containers before moving the vehicle.

A useful detail

Use plain breadcrumbs rather than salted seasoned crumbs. The pasta water is reserved from this same cooking session and used immediately; discard any unused remainder.

Keep it well

Refrigerate any cooked remainder in a shallow container within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Keep crumbs separate if possible and use within 3 days. Reheat the pasta once until it reaches 165°F/74°C throughout, adding a spoonful of fresh water. Follow the shorter opened-storage limits on the tomato and caper jars.