

# Spaghetti with sundried tomatoes



## **INGREDIENTS** (for 4 portions)

- 5 tbsp. of MANI Bläuel extra virgin olive oil
- 2 small onions (about 200 g)
- 3 garlic cloves
- 1 tin of chopped tomatoes (400 g)
- 1 glass (85 g) of MANI Bläuel sundried tomatoes in extra virgin olive oil, drained
- 500 g spaghetti
- 100 g Feta, finely crumbled
- MANI Bläuel sea salt, white pepper
- some parsley leaves

## PREPARATION

Heat the olive oil in a pan. Peel the onions and chop them in small cubes. Squeeze the garlic cloves through the garlic press. Sauté both ingredients. Add the sundried tomatoes and the tomatoes from the tin. Spice with some salt and white pepper. Boil down the sauce for 20 min. under low heat. In the meantime cook the spaghetti in plenty salt water al dente. Drain in a sieve and serve on the plates. Put the sauce on top and spread the Feta cheese over it. Decorate with parsley leaves.

**Mani Tipp:** In the Mani this dish is refined with Kalamata olives (about 50 g) or capers (ca. 2 tbsp.). Both products are available through MANI Bläuel.

Per portion: 667 kcal (2793 kJ), 21 g protein, 21 g fat, 94 g carbohydrates (7,5 BU)

More recipes and images can be downloaded at

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Upon publication of a recipe we are looking forward to receiving a copy.

Image source: Kostas Koromilas

For more information, visit [www.mani-blaeuel.de/en](http://www.mani-blaeuel.de/en)

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