

# LOVE THY CARROT

*real food made with love*

. . .

## SPAGHETTI WITH GARLIC, OLIVE OIL, TOMATO PASTE, FIGS & GOAT CHEESE

---

This is an easy and quick sauce, everything was prepared while the spaghetti cooked. This recipe makes 2 big servings.

### INGREDIENTS

1/4 cup extra-virgin olive oil  
2 tbsp tomato paste, (I used Mutti Tomato Paste)  
3 to 4 cloves garlic, minced  
dash of red pepper flakes  
1 tsp salt  
1/2 pound spaghetti, I used whole wheat  
3 tbsp chopped fresh flat-leaf parsley or basil  
2 tbsp goat cheese  
zest from 1/2 a lemon  
3 fresh figs, cut in half or quarters, depending on size  
drizzle of balsamic vinegar  
freshly ground black pepper

### DIRECTIONS

1. Preheat the oven to 400°F.
2. Place the figs, cut side up, in a small baking dish. Drizzle with balsamic vinegar.

3. Roast in the oven until soft, about 10 to 15 minutes. When done, set aside.
4. Bring a large pot of water to a boil, add pasta, stir and cook until al dente.
5. While the pasta is cooking take a large pan and add the olive oil, garlic, tomato paste, pinch of red pepper flakes and 1 teaspoon salt. Cook over moderately low heat, stirring occasionally, until the garlic is golden, about 5 minutes. Remove from the heat and set aside.
6. Drain the pasta, add it to the pan with the sauce and toss well, then add the lemon zest, freshly ground black pepper and cook a minute more or until the pasta is warmed through.
7. Finish with the goat cheese, figs and a big handful of fresh parsley or basil, serve immediately.

## **C O O K S   N O T E S**

If you want to make this vegan just leave out the goat cheese and add a handful of your favourite nuts, like walnuts or hazelnuts.

Use black or green figs.

If you don't have goat cheese, try any soft cheese like feta.