

Atlantic Sea Farms Kelp Puttanesca Recipe with Roasted Eggplant

Ingredients:

- **Bucatini, spaghetti, or linguini** – 350g (about 12 oz)
- **San Marzano tomatoes** – 1 can (800g / 28 oz), lightly pulsed in a food processor
- **Extra-virgin olive oil** – 3 tablespoons (45ml), plus extra for roasting
- **Garlic, minced** – 4 cloves (about 1 tablespoon)
- **Atlantic Sea Farms Kelp puree (cubes)** – 2 cubes or pureed ready-cut 3 tbsp (50g)
- **Small onion, finely chopped** – 1 (about 100g / ½ cup)
- **Capers, drained rough chopped** – 2 teaspoons (10g)
- **Kalamata olives, pitted & sliced** – ¼ cup (40g)
- **Castelvetrano olives, pitted & sliced** – ¼ cup (40g)
- **Dry White cooking wine**- ¼ cup (40 ml)
- **Red pepper flakes** – 1 teaspoon (adjust to taste)
- **Atlantic Sea Farms Ready-cut kelp (thaws and drained)** – 1 cup (about 50g)
- **Bay leaf** – 1
- **Salt & black pepper** – to taste
- **Fresh parsley, chopped** – ½ cup, divided (for finishing and garnish)
- **Lemon zest** – from 1 lemon (for finishing adjust to taste)
- **Eggplant, halved lengthwise** – 1 medium (about 300g)
- **Fresh thyme sprigs** – 8-10
- **Sherry vinegar** – 1 teaspoon (5ml)

Instructions:

1. Prepare & Roast the Eggplant

1. Slice the eggplant in half lengthwise and generously salt the cut sides. Let it sit for at least 1 hour to draw out moisture and reduce bitterness.
2. After an hour, pat the eggplant dry with paper towels.
3. Preheat the oven to 400°F .
4. Heat an oven safe, heavy bottom pan over medium-high heat and add 1 tablespoon of olive oil.
5. Sear the cut sides of the eggplant in the hot pan for 2–3 minutes until deeply golden brown.
6. Flip the eggplant over, cut-side up, drizzle with 1 tablespoon of olive oil, season with salt and black pepper, and place 3-4 thyme sprigs in between the eggplant in the pan.
7. Roast in the oven for 15–20 minutes, until tender but still slightly firm.
8. Remove from the oven and immediately drizzle with 1 teaspoon of sherry vinegar. Let cool slightly, then cut into bite-sized cubes. Set aside.

2. Make the Puttanesca Sauce

1. In a large pan, heat 2 tablespoons of olive oil over medium heat.
2. Add the minced garlic and chopped onion, sautéing until fragrant and translucent with slight brown on the bottom of the pan (about 3–4 minutes).
3. Stir in the red pepper flakes, capers, Kalamata olives, and Castelvetrano olives. Cook for another 1 minute.
4. Deglaze pan with white cooking wine, be sure to scrape the fond and incorporate all the flavors to the sauce
5. Add the pulsed San Marzano tomatoes, thyme (tied with butcher's twine for easy removal) and the bay leaf, stirring to combine.

Reduce heat to low and let the sauce simmer gently for 30–45 minutes, stirring occasionally. Season with salt and pepper to taste.

3. Cook the Pasta

1. Bring a large pot of salted water to a boil.
2. Cook the pasta according to package instructions until al dente. Reserve ½ cup of pasta water before draining to add to the sauce for thickening.

4. Final Assembly & Serving

1. 5 minutes before serving, stir in the shredded kelp and roasted eggplant cubes. Let them warm through without overcooking.
2. 1–2 minutes before serving, add the cooked pasta, tossing everything together and adding reserved pasta water as needed to coat the noodles evenly.
3. Remove the bay leaf and thyme, then stir in ½ of the parsley.
4. Taste and adjust for seasoning
5. Plate the pasta and garnish with the remaining fresh parsley, drizzle of olive oil, and lemon zest.