



FENNEL & ANCHOVY SPICY PASTA

Recipe created for Crown Prince by Chef Jan Tang, Orange Blossoms Catering

Ingredients:

½ jar **Crown Prince Natural Anchovies with Garlic and Parsley**, chopped

1 tablespoon olive oil

3 cloves garlic, minced

2 red jalapeños, seeded and finely diced

1 ½ teaspoons fennel seeds, coarsely ground or chopped

2 large fennel bulbs, halved and thinly sliced

1 ½ cups low sodium chicken or vegetable stock

4 tablespoons chopped fresh flat leaf parsley

1 lemon, juiced

16 ounces linguine, cooked according to package directions

Salt and black pepper to taste



Directions:

Heat a large sauté pan over medium high heat. Add anchovies, olive oil, garlic, jalapeños, and fennel seeds. Sauté 1-2 minutes or until fragrant. Add fennel bulbs and sauté until they start to brown. Add the chicken or vegetable stock. Bring to a boil then lower heat to a simmer. Simmer 20 minutes, or until fennel is soft. Add cooked pasta and remaining ingredients; mix well. Cook stirring occasionally for 5 minutes, or until thoroughly heated.

Serves 8