

DINNER

Bucatini All'Amatriciana

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
95 min	20 min	75 min	6	\$3.69	775 kcal



If you want to add more Mediterranean recipes to your recipe box, Bucatini All'Amatriciana might be a recipe you should try. This main course has 775 calories, 20g of protein, and 46g of fat per serving. For \$3.69 per serving, this recipe covers 22% of your daily requirements of vitamins and mineral...

Ingredients

- ☐ 1 pound bucatini or perciatelli

☐ 6 servings Kosher salt

☐ 2 large onions, cut in 1/2-inch dice

☐ ½ teaspoon crushed red pepper flakes
- ☐ 8 ounces guanciale, cut in 1/4-inch strips

☐ 6 servings Extra-virgin olive oil

☐ ½ cup grated Parmigiano-Reggiano, plus extra for garnish

☐ 56 ounce San Marzano tomatoes, passed through the food mill
canned

EQUIPMENT Bowl, Frying pan, Sauce pan, Pot

Method

- 1 Watch how to make this recipe.
- 2 Coat a large saucepan with olive oil.
- 3 Add the guanciale and saute over low heat. Cook until it is brown and crispy and has rendered a lot of fat.
- 4 Remove and reserve 1/3 of the guanciale for garnish. Bring the pan to a medium heat and add the onions and crushed red pepper. Season generously with salt, to taste. Cook the onions until they are translucent, starting to turn golden and are very aromatic.
- 5 Add the tomatoes and bring to a boil, then reduce the heat and simmer the sauce for about 1 hour, tasting periodically. Adjust the salt, as needed.
- 6 Bring a large pot of well salted water to a boil over high heat.
- 7 Add the pasta and cook for 1 minute less than the instructions on the package.
- 8 Remove 3 or 4 ladlefuls of the sauce from the pot to a bowl, as an insurance policy. You can always add it back in but it's harder to take out once the pasta is in the pan. You're looking for the perfect ratio between pasta and sauce.
- 9 Drain the pasta from the water and add to the pot of sauce. Stir to coat with the sauce. This is how you always finish pasta; you cook it in the sauce to perform the marriage of the pasta and the sauce.
- 10 Add more sauce, if necessary.
- 11 Add in the cheese and drizzle with olive oil to really bring the marriage together. Toss to coat and serve in shallow bowls garnished with cheese and the reserved guanciale.
- 12 YUUUMMMEEEE!

Nutrition per serving

775

KCAL

20 g

PROTEIN

46 g

FAT

72 g

CARBS

Saturated Fat	14.4 g · 90% of daily needs
Fibre	6.5 g · 26% of daily needs
Sugar	11.2 g · 12% of daily needs
Sodium	674 mg · 29% of daily needs
Cholesterol	46.2 mg · 15% of daily needs
Vitamin C	40 mg · 48% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/bucatini-allamatriciana-148312