

“To Health, Long Life & Pleasures! “ Show

Hosted by Lillian Zeltser

Penne all’Arrabiata

Authentic Italian Spicy Pasta Recipe for Love-Hungry Zodiacs - Aries, Leo, and Sagittarius

A few years ago, while travelling in Southern Italy, I discovered a delightful local dish that is said to mysteriously attract love, particularly for passionate fire signs like Aries, Leo, and Sagittarius. As a Sagittarian myself, I can personally attest to its effects. This dish never fails to excite my senses and put me, as well as my Gemini-husband, in a pleasant, romantic mood.

Ingredients:

Pasta (durum semolina penne) – 300g

Olive Oil – 150 ml

Brown Onion – 1 (chopped)

Flat leaf parsley – 1 bunch chopped

Basil – 12 leaves

Garlic – 6 cloves chopped

Tomatoes – 6 (pilled and chopped. Tinned tomatoes work well!)

Chilli Pepper & Sea Salt to Taste



In a large sauté pan, heat 6 tablespoons of olive oil over medium heat. Add chopped onion and garlic, and cook until the onion is translucent. Then, add chopped tomatoes and stir frequently, cooking until they are soft and mushy, and the sauce has thickened. Season with salt and chilli pepper to taste. Remove the pan from the heat and stir in fresh basil leaves. In a separate pot, bring water to a boil and add a teaspoon of salt and ½ teaspoon of olive oil. Add the pasta, stir, and cook until it is firm to the bite (al dente), not soft or mushy. Using a ladle, transfer the pasta from the pot directly into the sauce. Mix everything well, then plate the pasta. Sprinkle some chopped fresh parsley on top and serve while hot! If desired, add freshly grated Parmesan cheese.

Enjoy the fiery effect of this simple and easy-to-prepare meal. Buon Appetito!

For more functional recipes: <https://www.amazon.com/Aphrodisiac-AdventuresLillianZeltser/dp/0648804631>

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