

Spicy Sardine Pasta

Serves 4 - 10 mins prep 35 mins to cook



INGREDIENTS

2 tbsp sultanas
1 red onion, finely chopped
1 tsp dried red chilli flakes
1 tsp ground fennel seeds
2 tbsp olive oil
2 garlic cloves, crushed
6 anchovy fillets
2 x 120g tins of sardines in olive oil
3 tbsp water
400g linguine or spaghetti
2 tbsp pinenuts (or flaked almonds),
toasted
2 tbsp chopped parsley
Olive oil, for drizzling
Salt and black pepper

METHOD

- 1. In a small bowl, cover the sultanas with boiling water and set aside.**
- 2. In a shallow pan, cook the red onion, chilli and fennel seeds in olive oil over a medium heat for 10 minutes without colouring the onion.**
- 3. Add garlic, cook gently for 5 minutes.**



- 4. Tip in the anchovy fillets, then remove the pan from the heat. Stir well until the anchovies have "melted" into the onion mixture.**
- 5. Drain tinned sardines and cut each into thirds. Add sardines to the pan with the 3 tbsp water. Return to heat for a few minutes, stirring to combine, until heated through.**
- 6. Cook the pasta for 10 mins in boiling water. Drain and return to the pan with the warm sardine sauce.**
- 7. Drain sultanas and add them to the pasta along with the nuts and parsley. Mix well and season.**
- 8. To serve, drizzle with olive oil.**