

Spicy Sardine Pasta

INGREDIENTS

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



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. Add the sultanas, nuts and parsley to the pasta along. Mix well and season.

Serving suggestion- to serve, drizzle with olive oil.