



Creamy Sardine Pasta Without Cream



2 Servings



20 minutes

Ingredients :

- 200 g Pasta (spaghetti or penne)
- Canned sardines in olive oil
- 2 tablespoons Olive oil
- 3 Garlic cloves minced
- Onion finely chopped
- Pasta cooking water as needed
- 3 tablespoons Grated parmesan or similar cheese
- Black pepper to taste
- Salt to taste
- Fresh parsley chopped



Instructions :

1. Cook the pasta in salted water according to package instructions . Reserve one cup of pasta water before draining .
2. Heat olive oil in a pan over medium heat . Add chopped onion and cook until soft .
3. Add minced garlic and cook for 30 seconds until fragrant .
4. Add sardines to the pan and gently break them apart with a spoon .
5. Add a splash of reserved pasta water and stir to form a smooth sauce .
6. Add cooked pasta to the pan and toss well . Slowly add more pasta water until the sauce looks creamy .
7. Stir in grated cheese , season with salt and black pepper , and mix gently .
8. Remove from heat , garnish with fresh parsley , and serve warm .