



Lusty Sardine Pasta



2 Servings



25 minutes

Ingredients :

- Pasta (spaghetti or linguine)
- Canned sardines in olive oil
- Cherry tomatoes
- Black olives
- Capers
- Garlic cloves
- Olive oil
- Red chili flakes
- Salt
- Black pepper
- Fresh parsley or basil
- Feta cheese



Instructions :

1. Cook the pasta in salted water according to package directions . Reserve some pasta water , then drain .
2. Heat olive oil in a pan over medium heat . Add minced garlic and cook until fragrant .
3. Add cherry tomatoes and cook until they soften slightly .
4. Stir in olives , capers , and red chili flakes .
5. Gently add the sardines and break them into large pieces .
6. Add the cooked pasta to the pan and toss well . Use a little pasta water if needed to loosen the sauce .
7. Season with salt and black pepper to taste .
8. Remove from heat and top with fresh herbs and crumbled feta cheese before serving .