



One - Pan Sardine Pasta with Spinach and Garlic



2 Servings



25 minutes

Ingredients :

- Pasta (spaghetti or penne)
- Canned sardines in olive oil
- Fresh spinach
- Garlic cloves
- Olive oil
- Salt
- Black pepper
- Lemon juice (optional)



Instructions :

1. Cook the pasta in salted water according to package directions . Reserve some pasta water and drain .
2. In a large pan , heat olive oil over medium heat . Add minced garlic and cook until fragrant .
3. Add fresh spinach and cook until just wilted .
4. Gently add the sardines , breaking them into large pieces .
5. Add the cooked pasta to the pan and toss well . Use reserved pasta water to loosen the sauce if needed .
6. Season with salt and black pepper to taste .
7. Remove from heat and finish with a squeeze of lemon juice if using .