



Rustic Sardine Pasta with Bread crumbs



2 Servings



25 minutes

Ingredients :

- Pasta of choice
- Canned sardines in olive oil
- Olive oil
- Garlic cloves
- Plain breadcrumbs
- Salt
- Black pepper
- Red chili flakes (optional)
- Fresh parsley or basil



Instructions :

1. Cook the pasta in salted water until tender . Save some pasta water and drain the rest .
2. Heat olive oil in a pan over medium heat . Add breadcrumbs and cook until golden and crisp . Remove and set aside .
3. In the same pan , add a little more olive oil and sauté garlic until fragrant .
4. Add sardines and gently break them into pieces while warming them through .
5. Add cooked pasta to the pan and toss well . Add a splash of pasta water if needed .
6. Season with salt , pepper , and chili flakes if using .
7. Remove from heat and top with toasted breadcrumbs and fresh herbs before serving .