



Sardine Pasta



2 Servings



20 minutes

Ingredients :

- Spaghetti
- Canned sardines in olive oil
- Garlic
- Olive oil
- Red pepper flakes
- Lemon zest
- Fresh parsley
- Salt
- Black pepper
- Breadcrumbs



Instructions :

1. Bring a large pot of salted water to a boil and cook the spaghetti until al dente , then reserve a small amount of pasta water and drain .
2. Heat olive oil in a wide pan over medium heat and sauté the garlic until fragrant but not browned .
3. Add the sardines to the pan and gently break them apart , letting them melt into the oil .
4. Stir in red pepper flakes , lemon zest , salt , and black pepper to build flavor .
5. Add the cooked spaghetti to the pan along with a splash of reserved pasta water and toss until the sauce coats the pasta evenly .
6. Remove from heat and mix in fresh parsley .
7. Serve warm and top with breadcrumbs if desired .