



# Sardines Tossed with Pasta



2 Servings



20 minutes

## Ingredients :

- Cooked pasta (spaghetti or linguine )
- Canned sardines in olive oil ,drained
- Olive oil
- Garlic , minced
- Red chili flakes
- Lemon juice
- Salt
- Black pepper
- Fresh parsley , chopped



## Instructions :

1. Cook the pasta according to package directions until al dente and set aside .
2. Heat olive oil in a pan over medium heat and add minced garlic .Cook until fragrant .
3. Add the sardines to the pan and gently break them into smaller pieces .
4. Sprinkle in red chili flakes , salt , and black pepper , then stir lightly .
5. Add the cooked pasta to the pan and toss until well coated .
6. Finish with lemon juice and fresh parsley before serving .