



Spicy Sardine Pasta with Chili Flakes



2 Servings



20 minutes

Ingredients :

- Pasta (spaghetti or linguine)
- Canned sardines in olive oil
- Olive oil
- Garlic cloves , minced
- Red chili flakes
- Salt
- Black pepper
- Fresh parsley , chopped
- Lemon zest (optional)



Instructions :

1. Bring a pot of salted water to a boil and cook the pasta until tender . Reserve some pasta water before draining .
2. Heat olive oil in a pan over medium heat . Add garlic and cook gently until fragrant .
3. Add chili flakes and sardines , breaking the sardines into small pieces as they warm .
4. Add the cooked pasta to the pan and toss well . Use a little reserved pasta water if needed .
5. Season with salt and black pepper , then sprinkle with parsley and lemon zest if using .
6. Serve warm and enjoy immediately .