

# Italian-Inspired Sardine Spaghetti

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*Make the most out of a store-cupboard ingredient, sardines in tomato sauce, by combining them with olives, garlic, capers, chilli flakes and extra tomatoes. The tasty sauce is then tossed with freshly cooked spaghetti, or any other pasta that you have in the cupboard.*

## Ingredients:

350g dried spaghetti  
2 x 90g tins sardines in tomato sauce  
75g pitted black olives  
1 tbsp. drained capers  
3 garlic cloves  
200g chopped tomatoes, tinned, or 200g passata  
Pinch chilli flakes  
Small handful fresh parsley  
Salt and pepper  
Drizzle of olive oil

## Directions:

1. Crush the garlic cloves and thinly slice the olives. Finely chop the parsley.
2. Cook the spaghetti according to pack instructions in salted water.
3. Heat the oil in a pan and fry the garlic gently for around a minute before adding the chilli, tinned tomatoes and sardines. Break the sardines up with your spoon, then stir in the olives, capers, salt and pepper and three quarters of the parsley.
4. Toss the cooked pasta in the sauce with a couple of spoons of the pasta water, then serve and sprinkle the remaining parsley over the top.

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