

Tagliatelle with Tomato, Mustard and Sardine Dressing

Printed from Sardine Recipes at <http://www.sardinerecipes.co.uk/>

This unusual dish uses plenty of ingredients that you'll usually have in your cupboard or in your fridge, and it's a brilliant way to get little ones to eat more vegetables. Serve with a sprinkle of cheddar or parmesan cheese.

Ingredients:

350g tagliatelle
225g tin sardines, drained
200g chopped tomatoes
1 red onion
1 green pepper
1 garlic clove
Small handful freshly chopped parsley
Salt and pepper
4 tbsp. olive oil
2 tbsp. fresh lemon juice
1 tbsp. wholegrain mustard

Directions:

1. Finely chop the red onion. Mince the garlic clove. Slice the pepper in half and remove the seeds and pith, then dice the flesh.
2. Cook the noodles in boiling salted water according to packet instructions until al dente. Drain.
3. Whisk together the oil, lemon juice, garlic and mustard. Season well. Add the parsley, green pepper, red onion, chopped tomatoes and sardines, breaking the sardines up with your spoon.
4. Add the cooked tagliatelle to the mixture and toss to coat, then serve warm or cold according to taste.

Author: Laura Young