



# Sardine and tomato pasta

By Refettorio Felix

**TIP:** “Tinned sardines are an ingredient that most people have in their cupboards - very nutritious & economical. The sauce uses few ingredients & takes a couple of minutes to make, perfect for when you’re short of time.”  
Clio, Chef at Refettorio Felix

## INGREDIENTS

120g Spaghetti  
1 tin of sardines in olive oil  
A handful of small cherry or pomodoro tomatoes halved  
2 cloves of finely chopped garlic  
A chilli (dried or fresh) finely chopped  
Basil leaves  
Half of a lemon (zest & juice)  
Salt  
Pepper

## DIRECTIONS

Bring a saucepan of water & a good pinch of salt to the boil & cook the spaghetti following the packet instructions.

Finely chop the garlic & chilli and fry this in a frying pan using the oil from the sardine tin. Do this on a low heat as you don’t want to colour the garlic.

Add the halved tomatoes & increase the pan heat. When the the tomatoes are slightly collapsing, you can add the sardines broken into large peices, give the pan a shake so that everything is nicely coated in the sauce.

Drain the spaghetti but saving a few tablespoons of the spaghetti water & add this to the frying pan along with the spaghetti.

Toss the spaghetti on a moderate heat, making sure that everything gets nicely coated in the sauce.

Plate the pasta along with some torn basil & grated lemon zest, a good grinding of pepper and a squeeze of lemon juice.