

Pasta de Sardine

Savannah · 30/09/2024

**Prep Time**

5 mins

Dificult

Medium

Servings

35 mins

Description

Pasta de sardine is a great dish for anyone who likes seafood with their pasta. This dish is not only fast and easy to prepare but it is also delicious. It's of regional Spanish/Italian authenticity and goes well with either red wine or beer.

Ingredients

- - 8 ounces dry fettuccine pasta - 2 tablespoons olive oil - 1 medium yellow onion
- chopped - 3 cloves garlic
- crushed - 1 medium lemon
- juiced - 1 (3.75 ounce) can sardines in tomato sauce - ¼ cup freshly grated Parmesan cheese - 1 pinch red pepper flakes
- or to taste

Instructions

1. Fill a large pot with lightly salted water and bring to a rolling boil. Cook fettuccine at a boil until almost tender
2. about 8 minutes. While the pasta is cooking
3. heat oil in a skillet over medium heat. Add onion and cook until starting to soften
4. about 3 minutes. Add garlic and cook until fragrant
5. about 1 minute. Pour in sardines and tomato sauce
6. stir to combine
7. and cook until heated through
8. about 3 minutes. Reduce the heat to low and keep at a simmer. Drain pasta
9. add to sauce
10. and stir to combine. Cover
11. turn off the heat
12. and let stand for 3 minutes. Squeeze lemon over top and divide onto four serving plates. Garnish with Parmesan and red pepper flakes.