

Quick Canned Fish Pasta



Ingredients

- 375g thin spaghetti or vermicelli
- 2x105g cans sardines in oil
- 2 cloves garlic, thinly sliced
- 2-4 fillets of anchovies, rinsed and chopped
- 1 tablespoon tomato paste
- Grated zest and juice of 1/2 lemon
- ¼ cup finely chopped flat-leaf parsley

Preparation method

1. Cook pasta in plenty of boiling, salted water until tender, but still firm to the bite. Drain; return to pan.
2. Meanwhile, drain oil from sardines into a small frying pan over low heat. Cook garlic for 2 minutes, stirring, until golden (do not burn). Remove and discard garlic.
3. Finely chop sardines; add to pan with anchovies. Cook, stirring, until fish is soft, then mash using the back of a wooden spoon to make a thick paste. Add tomato paste, zest and juice. Season with black pepper. Stir sauce and parsley through hot pasta. Serve at once.

Source: food.ninemsn.com.au

Pasta, Corn and Capsicum Bake