



quick spaghetti with sardines

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1/2 lb spaghetti noodles - 1 C cherry or grape tomatoes - red pepper flakes - whole spanish style sardines in olive oil - chopped parsley

Instructions

Cook spaghetti or whatever pasta you like in salted boiling H2O. Meanwhile, in a sauce pan, saute some garlic & onion in a generous amount of olive oil. Add the cherry or grape tomatoes. Otherwise, diced regular tomatoes (deseeded) will do. Season with s & p. Sprinkle with red pepper flakes. Add some of the pasta cooking H2O. Let it simmer for a few minutes. Take out the whole sardine pieces from the bottle and drain out the olive oil. Break up a few pieces into the sauce and leave some for later. I like biting into big chunks of sardines. Toss the cooked pasta in the sauce. Add more olive oil or pasta H2O if desired. Sprinkle with some chopped parsley. Transfer to the serving dish. Top with whole sardines. Garnish with more parsley and red pepper flakes.