

## INGREDIENTS:

## SARDINE, LEMON AND CHILLI LINGUINE

- 300 g linguine pasta or spaghetti
- 100 ml pasta water
- 1 tbsp extra virgin olive oil
- 1 tbsp olive oil
- 1 tbsp crushed garlic clove or frozen garlic
- 1/2 juice of a lemon
- 2 tbsp fresh basil, chopped or frozen /dried
- 1 tin of sardines in spring water 1 tsp chilli flakes



- Boil the linguine according to the packet instructions (about 8 minutes). Save 100ml (a small cupfull) of pasta water.
- Drain and drizzle extra-virgin olive oil into the pan. Give a good mix. This stops the pasta sticking together.
- Heat 1 tbsp olive oil in a frying pan and add the crushed garlic. Fry for a minute.
- A squeeze of juice from 1/2 a lemon.
- Re-add the pasta back into the frying-pan and stir into the juice/garlic.
- Sprinkle on the chopped basil and add the pieces of sardine.
- Mix and fry together for a minute.
- Add the chilli flakes (optional). Serve!