



Serves: 2

Sardine Lemon Pasta

Ingredients

- 1 can sardine in oil*
- 1 lemon
- 100g dried pasta*
- 30g garlic
- 10g sliced chilli
- 30g breadcrumbs
- 1 tsp. sunflower seed oil*
- 15g English chives

**Choose products with the Healthier Choice Symbol.*

Method

1. Boil the dried pasta according to the instructions on the box.
2. Add the sunflower seed oil to a wok on medium-high heat. Once the oil is heated, add in the breadcrumbs and cook till brown and crispy, then remove from the wok, season with salt.
3. Add in the oil from the canned sardines into the wok, sauté the sliced garlic and chilli till fragrant, squeeze in the juice from half the lemon and add in the lemon zest. This is the sauce for the pasta.
4. Toss the cooked pasta in this sauce and add a bit of the water used for boiling the pasta to thicken the sauce. Season with salt.
5. Mix in the breadcrumbs, chives and sardines atop pasta to serve.



2人份

柠檬沙丁意粉

材料

- 1 罐 橄榄油浸沙丁鱼*
- 1 个 柠檬
- 100 克 各式意大利粉*
- 30 克 蒜头
- 10 克红辣椒，切粒
- 30 克 面包糠
- 1 茶匙 葵花籽油*
- 15 克 细香葱

*选购贴上“较健康选择”标签的食材。

做法

1. 根据包装盒的指示焗意大利粉
2. 把油倒入镬中，以中火加热。油热后，倒面包糠并煎至金黄色，然后舀起用盐调味。
3. 把沙丁鱼罐头里的油倒入镬中，爆香蒜头和辣椒。之后再加入从半个柠檬挤出的柠檬汁，以及柠檬皮屑。这就是酱汁。
4. 把烫熟的意大利粉倒入以上调好的酱汁，搅拌均匀，再用焗意大利粉剩余的水给酱汁勾芡。加入少许的盐调味。
5. 倒入面包糠和细香葱搅拌，舀起加入沙丁鱼即可食用。