



## Sardine Puttanesca

with Linguine



20-30min



2 Portions

Just because you may be short on time, doesn't mean your dinners have to be short on flavour. From salty kalamata olives and capers to flavoursome chilli, garlic, sardines and aromatic oregano, this classic Italian pasta dish is filled with ingredients that really pack a flavour punch. And the best bit? On the table in just 30 minutes!

## What we send

- garlic clove, long red chilli, oregano
- mixed leaves
- sardines in oil
- chopped tomatoes
- linguine <sup>1</sup>
- capers
- Kalamata olives

## What you'll require

- balsamic vinegar <sup>17</sup>
- extra virgin olive oil
- salt and pepper
- sugar

## Utensils

- large saucepan
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 730kcal, Fat 28.5g, Carbs 85.7g, Proteins 30.7g



### 1. Prepare ingredients

Coarsely chop the **garlic**. Finely chop the **chilli** (deseed for less heat if you prefer). Halve the **olives**. Drain the **capers** and coarsely chop. Remove leaves from woody stems and coarsely chop the **oregano**.



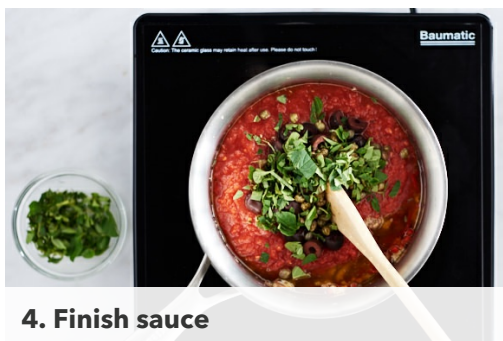
### 2. Begin sauce

Heat 1 tbs **oil** in a small saucepan over low heat. Cook the **garlic** and **chilli** for 2-3 mins until just softened, but not coloured.



### 3. Add sardines

Add the **sardines**, with its **oil**, and lightly crush with a wooden spoon. Bring a large saucepan of **salted water** to the boil.



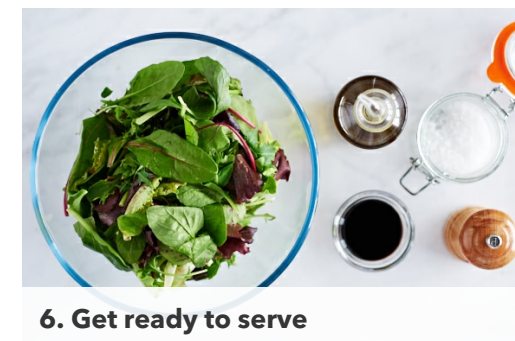
### 4. Finish sauce

Increase the heat to medium heat. Add the **tomatoes**, **olives**, **capers**, half the **oregano** and a pinch of **sugar**. Season generously with **pepper** and bring to the boil. Reduce the heat and simmer for 15 mins or until thickened.



### 5. Cook pasta

Meanwhile, cook the **linguine** in the pan of boiling water for 9 mins or until al dente. Drain.



### 6. Get ready to serve

Place the **mixed leaves** in a large bowl with 1 tbs each **oil** and **balsamic vinegar**. Season with **sea salt and pepper** and toss to coat. Divide **pasta** and **sauce** among serving plates, sprinkle with remaining **oregano** and serve with **salad**.