



Tomato spasta with Gremolata

Ingredients

- 75g wholemeal spaghetti
- ½ of a 120g can sardines in oil
- ½ tbsp capers, drained
- 2 garlic cloves, crushed
- 2 tomatoes, roughly chopped
- 30g rocket (arugula)
- ½ lemon, zested
- Small handful of parsley, finely chopped
- Salt, to taste

Instructions

1. Cook the Pasta:

Boil salted water in a large pot and cook spaghetti according to package instructions until al dente. Drain and set aside.

2. Make the Tomato Sauce:

Heat 1 tablespoon of oil from the sardine can in a non-stick frying pan over medium heat. Add the capers and half the garlic; sauté for 1–2 minutes until fragrant. Add the chopped tomatoes and cook for 4–5 minutes until softened and bursting.

3. Add Sardines and Rocket:

Stir in the sardines and rocket. Toss gently for 1–2 minutes to break up the sardines and wilt the rocket. Season with salt to taste.

4. Prepare the Gremolata:

In a small bowl, mix the lemon zest, chopped parsley, and remaining garlic. Season lightly with salt.

5. Serve:

Top the cooked spaghetti with the sardine-tomato sauce, then sprinkle with gremolata. Serve immediately.