

Tomato Sardine Spaghetti

Ingredients

Method



- 400g spaghetti
- 1 onion, diced
- 1 tsp chilli powder
- 1 tin of sardines in tomato sauce
- 100g frozen mixed veg
- Tin of chopped tomatoes
- 2 tbsp tomato puree

1. Cook the spaghetti as per the instructions.
2. Fry the onion for a few minutes.
3. Add the chilli powder and fry for 1 minute.
4. Add the tinned tomatoes, tomato puree and sardines and stir to break up the sardines.
5. Cover and simmer for 5 minutes.
6. Add the frozen mixed veg and cook for 5 minutes.
7. Reserve one ladle of water from the pasta cooking water and stir into the sauce.
8. Stir the spaghetti and sauce together and serve immediately.