ITALIAN · LUNCH · DINNER

Pasta con le Sarde (Sicilian Sardine Pasta)

35 min · Serves 3 · 926 kcal a serve · Video 15:46 · Vincenzo's Plate

Pescatarian · No dairy listed

About 35 g of protein and 1.4 g of omega-3 a serve, and the canned sardines and anchovies make it rich in vitamin B12, selenium and calcium. The fat is mostly olive oil and pine nuts; a generous plate at about 925 kcal.

Diet notes: Low saturated fat (6.3 g, 6% of the energy).

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Ingredients 15 · SERVES 3

- [ ] 11 oz **spaghetti**
- [ ] 7 oz **good-quality canned sardines** (or fresh, cleaned)
- [ ] 5 **anchovy fillets**
- [ ] 1 oz **pine nuts**
- [ ] 1 oz **sultanas**
- [ ] 2 tbsp extra **virgin olive oil**, to toast the breadcrumbs
- [ ] 4–5 tbsp extra **virgin olive oil**, for the sauce
- [ ] 5 tbsp **breadcrumbs**
- [ ] ½ **red onion**, finely chopped
- [ ] 2 **garlic** cloves, crushed
- [ ] 1 generous tbsp **tomato paste**
- [ ] 3 **fennel bulbs**, leafy fronds only (or a big handful of wild fennel leaves)
- [ ] a pinch of **saffron threads**, steeped in a glass of hot water
- [ ] 1 tbsp **sea salt** for the pasta water (mostly drained away), plus a pinch to taste
- [ ] **black pepper**, a generous crack

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish, Tree nuts, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Steep the saffron in a glass of hot water (ideally the day before). Pick the leafy fronds off the fennel and boil them in unsalted water for 5–7 minutes; lift them out, chop finely and keep the water for the pasta. 2:23
2. Toast the pine nuts in a dry pan over medium-low until golden and set aside. Add 2 tbsp olive oil and toast the breadcrumbs, stirring, for about 5 minutes until golden; set aside. 4:18
3. Warm 4–5 tbsp olive oil over medium-low with the onion. Add a splash of water and the garlic, then the anchovies, stirring until they melt. Stir in the tomato paste, adding a splash of water if it dries out. 6:26
4. Add the chopped fennel and sultanas, then half the saffron water. Lay in the sardines and cook under 2 minutes without breaking them up. Season with pepper (salt only if needed) and add the rest of the saffron water as it reduces. 8:37
5. Bring the fennel water back to the boil, topping it up if needed, add 1 tbsp salt and cook the spaghetti until al dente. Save a mug of pasta water. 10:04
6. Drain the pasta into the sauce with the pine nuts and toss, adding splashes of pasta water so it coats the spaghetti. Serve topped with sardine pieces and plenty of toasted breadcrumbs. 11:08

> **Tip** The cook used canned Spanish sardines; fresh cleaned sardine fillets are traditional. Serves 2–3 (the cook's estimate).

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
926 kcal	**35** g	**91** g	**6.4** g	**47** g	**940** mg
3,870 kJ	70% of a day	85 g net · 11 g sugars	23% of a day	6.3 g saturated	41% of a day
		33% of a day		61% of a day	

Energy from net carbs 38% · protein 16% · fat 46%

High in (20%+ of a day) Vitamin B12 250% · Selenium 186% · Omega-3 85% · Vitamin E 48% · Iron 29% · Zinc 28% · Magnesium 27% · Calcium 26% · Vitamin K 22% · Vitamin B6 20%

Source of (10–19%) Vitamin D 17% · Potassium 15% · Folate 10%

Recipe and video: Vincenzo's Plate (@vincenzosplate) on YouTube — youtube.com/watch?v=U3odJQfDH9w, published 24 August 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pasta-con-le-sarde-sicilian-sardines