

SARDINE AND TOMATO TAGLIATELLE

A delicious recipe from *The 28-Day Immunity Plan* book, featuring a healthy portion of Omega-3 rich fish.

Serves 2

Per serving: 260 calories, 4.5g fat

Prep time: 5 mins

Cook time: 20 mins

INGREDIENTS

100g (dry weight) tagliatelle pasta

1 vegetable stock cube

1 baby leek, finely chopped

1 garlic clove, crushed

Rapeseed oil spray

½ x 120g can sardines in tomato sauce

½ x 400g can chopped tomatoes

½ tsp vegetable stock powder

1 tbsp chopped fresh basil, plus extra to garnish

freshly ground black pepper, to taste

cherry tomatoes, to garnish

METHOD

1. Cook the pasta in a large pan of boiling water containing the vegetable stock cube.
2. Meanwhile, place the leek and garlic in a large non-stick pan sprayed with rapeseed oil and cook until soft.
3. Stir in the sardines, tomatoes and stock powder and simmer to allow the tomatoes to reduce, seasoning with black pepper. Add the tablespoon of basil and reduce the heat.
4. Drain the pasta and transfer to serving bowls. Remove the sauce from the heat, spoon the sauce on top and garnish with cherry tomatoes and the remaining fresh basil.

