Tomato Sardine and Caper Pasta

2 bowls · Active 10 min · Total 25 min

Skills: Easy

Ingredients

- 6 oz dried spaghetti (170 g)
- 1 tablespoon olive oil (15 ml)
- 2 garlic cloves, thinly sliced
- 1 can chopped tomatoes, 14 oz (400 g)
- 1 tablespoon capers, drained (10 g)
- 1 tin sardines in oil, 4–4.5 oz (110–125 g), drained
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons chopped parsley (8 g)
- 1/4 teaspoon black pepper
- Salt for pasta water, to taste

Set out

Large saucepan, 12-inch skillet, Colander

Allergens

Wheat, Fish. Check labels and substitutions.

Make it

1. Bring salted water to a boil and cook spaghetti according to its packet, usually 9–11 minutes. Reserve 1/2 cup (120 ml) cooking water, then drain.

2. Meanwhile heat oil in the skillet over medium-low heat. Cook garlic for 1 minute without browning. Add tomatoes, capers and pepper; simmer uncovered for 10 minutes.

3. Fold in sardines, breaking half into small pieces. Warm for 2 minutes.

4. Add drained pasta, lemon and parsley. Toss gently with 2–4 tablespoons pasta water until glossy; taste before adding salt.

A considerate shared microwave

Use a vented microwave-safe cover and wipe up any splashes. If fish is unwelcome in a shared break room, keep this quick meal for home and choose another lunch from the collection.

A useful detail

Use a broad spatula to fold the sardines through without pulverizing every piece.

Keep it well

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 2 days. Reheat to 165°F/74°C, adding a splash of water. Transport chilled in an insulated bag with two cold sources.