



SAME DISH **NEW FISH**

Spaghetti with
Sardines, Fennel
& Pangrattato

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Spaghetti with Sardines, Fennel & Pangrattato

Ingredients

- 1/3 cup olive oil
- 1 cup fresh breadcrumbs
- 1 lemon, zested
- 1 medium fennel bulb, diced and fronds chopped
- 1 large red onions, diced
- 2 cloves garlic, sliced
- 1kg Sardines, filleted, boned and chopped
- 1/4 cup pine nuts, toasted
- 1/4 cup currants
- 8 threads of saffron
- 1 cup fish stock
- 1/2 cup flat leaf parsley, chopped
- 500 g pack dried spaghetti
- Salt flakes and freshly ground black pepper

Method

- 1 For the **pangrattato**, heat 1 tbs **olive oil** in a frying pan over a medium-high heat. Add **breadcrumbs** and toast for up to 5 minutes until golden. Drain on absorbent paper and allow to cool. Mix **lemon zest** through **crumbs** and set aside.
- 2 Heat remaining **olive oil** in a large heavy-based frying pan over a medium heat. Add **fennel, onions** and **garlic** and cook for up to 10 minutes until just golden. Add chopped **Sardines** and cook for 1 – 2 minutes. Stir in **pine nuts, currants** and **saffron**. Add **stock** and season to taste. Combine well.
- 3 Meanwhile, bring a large pot of **water** to the boil, adding a good pinch of **salt**. Cook **pasta** following pack instructions, then drain. Return **pasta** to same pan, add **Sardine** sauce, **parsley** and half the chopped **fennel fronds**, tossing to combine. Season to taste.
- 4 To serve, sprinkle with reserved **pangrattato** and remaining **fennel fronds**.



		
PREP TIME 15 min	COOK TIME 25 min	SERVES 4-6