



COME ON

LET'S  
**DO  
THIS**

Fat

LOW

Saturates

LOW

Sugar

LOW

Salt

LOW

per 100g

Portions  
fruit & veg  
per serving

2

# Pasta with sardine & tomato sauce

For more tasty recipes with a healthy boost, visit  
[lets-dothis.org.uk](https://lets-dothis.org.uk)

Recipe includes a  
healthy boost

Serves 4 | prep 15 mins | cook 20 mins

# Pasta with sardine & tomato sauce

Why not give your favourite pasta a **healthy boost** and add tinned sardines to your tomato sauce? Sardines are a good source of healthy omega-3 fats. Try this wholewheat spaghetti with fresh tomatoes, onions, garlic in a tomato and sardine sauce.

## Ingredients

- 1 tsp pure vegetable oil
- 1 large onion (100g)
- 2 cloves garlic, sliced
- 1 leek (160g)
- 1 red pepper (160g)
- 1 heaped tsp dried oregano
- Good pinch chili flakes
- 1 x 400g tin chopped tomatoes
- 80g frozen peas, defrosted
- 250g wholewheat spaghetti /pasta.

## Healthy boost ingredients

- 2 x 120g tins sardines or pilchards in tomato sauce.

## Method

1. Add oil to a pan, add the onion and cook for 2 minutes until it starts to brown then add the garlic and cook a further 1–2 minutes
2. Add the leeks, pepper, oregano and chilli, stir, then add the tomatoes, cover and simmer gently for 10 minutes then stir in the peas
3. Now set aside 2–3 sardines to serve and add the remaining sardines in their sauce to the tomatoes, then heat gently for 3–4 minutes until warmed through
4. Meanwhile, cook your pasta and divide between 4 bowls. Top with the sauce and reserved sardines, flaked.



## Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
<b>405</b>	<b>9.3g</b>	<b>2.1g</b>	<b>11.5g</b>	<b>0.5g</b>
<b>20%</b>	<b>13%</b>	<b>11%</b>	<b>13%</b>	<b>8%</b>

%= an adult's reference intake

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