

Mediterranean Sardine Lemon Pasta

Serves 2

Ingredients

- 160 g whole-wheat spaghetti
- 2 cans sardines (≈200 g total, drained well)
- 1 T olive oil
- 3 cloves garlic (9 g), thinly sliced
- 15 g capers, rinsed
- Zest of 1 lemon
- 2 T / 30 ml lemon juice
- 20 g fresh parsley, chopped
- ¼ tsp / 1 g chili flakes
- ¼ tsp salt + ¼ tsp MSG (adjust carefully)
- Freshly ground black pepper



Instructions

1. Cook **spaghetti** in salted water until al dente. **Reserve 120 ml** pasta water.
2. Heat **olive oil** over **medium heat**.
3. Add **garlic** and **chili flakes**; cook gently without browning.
4. Add **sardines** and break into large pieces.
5. Stir in **capers** and **2–3 T pasta water**.
6. Add drained **pasta**, **lemon zest**, and **juice**. Toss well.
7. Finish with **parsley** and **black pepper**. Adjust seasoning.

Nutrition (per serving)

Kcal: 560 | Protein: 32 g | Fat: 26 g | Sat Fat: 5 g | Carbs: 50 g | Sugars: 3 g |
Fiber: 8 g | Sodium: 750 mg | Omega-3: 1.8 g

Mediterranean Sardine Tomato Pasta

Serves 2



Ingredients

- 160 g whole-wheat spaghetti
- 2 cans sardines (≈200 g total), drained well
- 1 T olive oil
- 80 g onion, finely diced
- 3 cloves garlic (9 g), thinly sliced
- 1 can (400 g) crushed or diced tomatoes
- 1 T / 15 g tomato paste (optional)
- ¼ tsp chili flakes
- ½ tsp dried oregano (or 1 T fresh basil at finish)
- ¼ tsp salt + ¼ tsp MSG (adjust carefully)
- Freshly ground black pepper
- 10 g chopped parsley or basil
- Optional: 10 g capers, rinsed

Instructions

8. Cook **pasta** in salted water until al dente. **Reserve 120 ml pasta water.**
9. Heat **olive oil** over **medium heat.**
10. Add **onion** and cook **5–6 minutes** until softened.
11. Add **garlic** and **chili flakes**; cook **30 seconds.**
12. Stir in **tomato paste** (if using) and cook briefly.
13. Add **canned tomatoes** and **oregano.** **Simmer 8–10 minutes** until slightly thickened.
14. Gently fold in **sardines**, breaking into large pieces.
15. Add **2–3 T pasta water** if needed to loosen sauce.
16. Toss in drained pasta until well coated.
17. Finish with **herbs** and **black pepper.** Adjust seasoning.

Nutrition

Total Dish:

Kcal: 1080 | Protein: 64 g | Fat: 48 g | Sat Fat: 10 g | Carbs: 104 g | Sugars: 16 g
| Fiber: 18 g | Sodium: 1500 mg | Omega-3: 3.6 g

Per Serving:

Kcal: 540 | Protein: 32 g | Fat: 24 g | Sat Fat: 5 g | Carbs: 52 g | Sugars: 8 g
| Fiber: 9 g | Sodium: 750 mg | Omega-3: 1.8 g