

Spicy Sardine Pasta with Leeks & Lemon スパイシー・サーディンパスタ レモンとリー キ風味

Serves 2

Ingredients

- 180 g spaghetti or whole wheat spaghetti スパゲッティ
- 2 cans sardines in olive oil, drained weight about 180 g total オイルサーディン
- 180 g leeks, thinly sliced リーキ
- 3 garlic cloves / 12 g, minced にんにく
- 1 lemon (zest + 2 T juice) レモン
- 2 tsp low-sodium soy sauce or coconut aminos 減塩しょうゆ
- ½ tsp red pepper flakes / 1 g 唐辛子フレーク
- 2 T / 28 g olive oil オリーブオイル
- 25 g panko breadcrumbs パン粉
- 2 T chopped parsley パセリ
- ¼ tsp salt + pinch MSG / about 1.5 g total 塩+MSG



Instructions

1. Cook **pasta** until just shy of al dente. Reserve 240 ml pasta water.
2. Toast **panko** in **olive oil** until golden; reserve.
3. Cook **leeks** slowly until silky and softened.
4. Add **garlic** and **chili flakes**.
5. Add **sardines** and gently break apart.
6. Add **lemon zest**, **lemon juice**, and **soy sauce**.
7. Add **pasta** and enough **pasta water** to form a glossy sauce.
8. Top with toasted **panko** and **parsley**.

Nutrition

Entire Dish:

Kcal total: 980 | Protein: 54 g | Fat: 42 g | Sat Fat: 7 g | Carbs: 95 g | Sugars: 9 g | Fiber: 10 g | Sodium: 1,480 mg | Omega-3: 4.8 g

Per Serving:

Kcal total: 490 | Protein: 27 g | Fat: 21 g | Sat Fat: 4 g | Carbs: 48 g | Sugars: 5 g | Fiber: 5 g | Sodium: 740 mg | Omega-3: 2.4 g