

Sardine and Fennel Pasta

Ingredients

2 Fennel Bulbs (trimmed and sliced)
8 oz Sardines (canned, drained)
2 clv Garlic
1 T Olive Oil
0 ds Ground Black Pepper
1/4 t Chili Flakes
1 c Breadcrumbs (toasted)
16 oz Spaghetti

Instructions

1. Cook pasta according to package directions.
2. Meanwhile, saut   fennel in olive oil with garlic, dash of black pepper, and chili flakes until tender.
3. Add sardines and stir them in, breaking up roughly with the spoon. Stir in the toasted breadcrumbs.
4. Drain cooked pasta and stir in the sauce. Portion into bowls and garnish with the reserved fennel fronds.