

Pasta Con Le Sarde

by Healing Family Eats

Prep time: 20 minutes

Cook time: 15 minutes

Serves 4

4 tbsp extra virgin olive oil
2 shallots, finely chopped or 1 small onion
1 medium fennel, thinly sliced
2-3 large cloves garlic, minced
2 tbsp white wine vinegar
1/2 cup chicken broth
5 anchovies, chopped
2 cans sardines
1/4 cup raisins
Sea salt to taste
1/2 cup plantain chips (omit for GAPS, SCD)
2 large zucchini – spiralized, or AIP Jovial spaghetti



Heat the olive oil in a large sauté pan, add the shallots and fennel and cook for around 8 minutes on a gentle heat until softened.

Add the garlic and cook a further minute. Add the vinegar and cook a few minutes until it has evaporated.

Pour in the broth and anchovies, and bring up to a simmer. Add the sardines and raisins, and warm through.

If using AIP spaghetti, cook as per the manufacturer's instructions and drain. Blitz the plantain chips in a blender until they resemble coarse crumbs.

Now put the zucchini noodles (or AIP spaghetti) into a serving bowl, add the sardines and toss well. Top with the plantain crumbs. Garnish with the reserved fennel fronds and serve immediately.