

Sardalyal? Makarna

Traditional Sicilian Pasta con le Sarde with sardines, broccoli, and olive oil. Authentic Italian recipe with complete instructions and tips.

20 min

HAZIRLIK

15 min

PI?IRME

35 min

TOPLAM

4

PORSIYON

Medium

ZORLUK

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Malzemeler

- 1 pack pasta
- 2 tbsp olive oil
- 1 onion
- 2 garlic
- 2 sardine
- 1 cup broccoli
- 3 cup breadcrumb
- 1 cup izmir tulum cheese
- 1 tsp salt
- 1 tsp black pepper

Yap?l???

- Cook the pasta**

Bring a large pot of salted water to a rolling boil over high heat. Add 1 pack of pasta and cook according to package directions until al dente, about 8-12 minutes. Reserve 1 cup of the starchy pasta cooking water, then drain the pasta.
- Toast the breadcrumbs**

Heat 1 tablespoon olive oil in a large skillet over medium heat (160°C/320°F). Add 1 cup breadcrumbs and toast, stirring constantly, for 3-5 minutes until golden brown and crispy. Transfer to a bowl and set aside.
- Prepare the aromatics**

Dice 1 onion into small pieces. Mince 2 cloves garlic finely. Roughly chop 3 cups broccoli into bite-sized florets.
- Sauté the vegetables**

Add remaining 1 tablespoon olive oil to the same skillet and heat over medium heat. Add the diced onion and cook for 3-4 minutes until softened and translucent. Add minced garlic and cook for 30 seconds until fragrant.
- Add the broccoli florets**

Add the broccoli florets to the skillet and cook for 4-5 minutes, stirring occasionally, until tender-crisp and bright green.
- Add the sardines**

Drain 2 cans sardines and gently break them into large pieces. Add to the skillet along with chopped dried peppers and cook for 1-2 minutes, stirring very gently to avoid breaking up the sardines completely.

7 Combine and season

Add the drained pasta to the skillet and toss gently with the sardine mixture. Season with 1 teaspoon salt and 1 teaspoon black pepper. Add reserved pasta water, 2-3 tablespoons at a time, until the sauce coats the pasta lightly.

8 Serve

Transfer to serving bowls and top each portion with toasted breadcrumbs. Serve immediately while hot.

?puçlar?

Use high-quality sardines, whether fresh or canned in olive oil, for the best flavor. If using fresh sardines, ensure they're properly filleted and boneless.

Reserve pasta cooking water before draining - the starchy water helps bind the sauce and creates a silky texture when tossed with the pasta.

Toast breadcrumbs in olive oil until golden brown for added texture and authentic flavor. Fresh breadcrumbs work better than store-bought ones.

Don't overcook the sardines as they can become mushy. Add them toward the end of cooking and gently fold them into the sauce.

Sauté onions slowly until caramelized to develop their natural sweetness, which balances the saltiness of the sardines.

Add a splash of white wine and lemon zest to brighten the dish and add complexity to the flavor profile.

Cook pasta just until al dente as it will continue cooking when tossed with the sauce in the pan.

Finish with good quality extra virgin olive oil and freshly ground black pepper for the best flavor.