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Advertisement - Continue Reading Below Cal/Serv: 442 Makes: 4 servings Prep Time: 0 hours 15 mins Cook Time: 0 hours 20 mins Total Time: 0 hours 35 mins 6 anchovies in olive oil, drained and finely chopped, plus 1tbsp oil from the tin 3 large garlic cloves, crushed 1/2 tsp. 2 x 400g tins plum tomatoes 900 ml 350 g bucatini, linguine or spaghetti 125 g tinned tuna or sardines, drained weight Handful black olives, halved and stoned 2 1/2 tbsp. Handful small basil leaves, to serve This ingredient shopping module is created and maintained by a third party, and imported onto this page. You may be able to find more information about this and similar content on their web site. 1 Mix anchovies, anchovy oil and garlic in a large pan. Cook over medium-high heat, stirring, for 2-3min, until aromatic. 2 Add chilli flakes and tomatoes, stirring to break up the tomatoes. Stir in stock, then add pasta to pan with 1/2tsp fine salt and bring to the boil, pushing the pasta down into the sauce as soon as you can without snapping it. Once pasta is submerged and sauce is bubbling, cook for 15-16min, stirring regularly, until pasta is al dente and sauce has thickened and reduced. 3 Gently stir in tuna/sardines, olives and capers, and season with freshly ground black pepper and a little more salt, if needed. Garnish with basil and serve. Calories: 442Protein: 23gFat: 4gSaturates: 1gCarbs: 74gSugars: 12gFibre: 8g







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