



## Pasta Salad with Sardines in Tomato Sauce



### Ingredients

2 x 120g tins Princes Sardines in Tomato Sauce

100g Farfalle pasta shapes

½ Yellow Pepper (or 1-2 tbs grilled peppers in oil from a jar)

A handful Rocket Leaves

1 tbs black olives in brine, sliced

Black Pepper

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	156kcal	1.8g	7.3g	1.6g	0.7g
RI%	8%	2%	10%	8%	12%

### Method

1. Cook the pasta according to the pack instructions.
2. Meanwhile, cut the pepper into chunks, toss in the oil and place on a baking tray under a pre-heated grill for 3-4 minutes, until turning golden, then turn and grill for a further couple of minutes .
3. When the pasta is cooked, drain and rinse in cold water to cool. Return to the pan with the peppers and black olives. Season with black pepper.
4. Divide between two plates and top with the Princes Sardines in Tomato Sauce. Serve garnished with Rocket Salad.