

Zakary Pelaccio's Pasta Con Sarde

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/fennel-leaves-recipe-indian>

Ingredients:

- 4 fillets salt or oil-packed anchovies
- 3 slices day old bread anything except whole-wheat or brioche
- 1/2 cup fennel fronds finely chopped
- 1/2 cup flat leaf parsley chopped
- 1/2 cup raisins
- 1/4 cup pernod or passito di zibibbo, optional
- 2 cloves garlic minced
- 1/4 cup pine nuts
- salt
- 1/4 cup olive oil the best you can afford
- 2 tablespoons tomato paste
- 2 tomatoes large ripe, cored, peeled, seeded and diced
- 2 fennel branches wild, or 1 teaspoon of fennel pollen or 1/2 teaspoon ground fennel seeds
- 10 fillets sardines fresh
- 1 pound dried pasta preferably bucatini, linguine or spaghetti

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 35 milligrams
4. Fat: 20 grams
5. Fiber: 6 grams
6. Protein: 10 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 350 milligrams
9. Sugar: 17 grams

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