

Spicy Fresh Sardines with San Remo Bowties

Ingredients:

1 pack of San Remo Bowties
Olive oil
12 fresh sardine fillets
6 anchovy fillets
½ large red onion, diced
Florence fennel, diced
Dry white wine (we recommend 2018 Seppeltsfield Eden Valley Riesling)
1tsp ground ginger
1tsp cumin seeds
1tsp ground cinnamon
1tsp turmeric
Saffron, infused in 2tbsp of hot water
100g black currants
Breadcrumbs
Flat leaf parsley
Fennel leaf
Fresh mint
100g toasted pine nuts

Method:

To begin, cook the San Remo bowties. Drain and set aside.

Over a medium heat, add two tablespoons of olive oil to a pan. Once heated through, add the anchovy fillets, onion, fennel, a quarter cup of dry white wine (we used crisp and fruity 2018 Seppeltsfield Eden Valley Riesling), ginger, cumin, cinnamon and turmeric. Stir through and cook for 30 seconds. Add the pine nuts, stir through, place the sardine fillets on the mixture, and add the saffron infused water and black currants. Place lid on pan.

After a few minutes, flip the sardine fillets and cook until white and flakey. Add breadcrumbs, pasta, and fennel leaves, parsley and mint to taste. Stir through and serve immediately.

