

SIGI 8 LINED PENNE

WITH SARDINIAN FISH, PINE NUTS AND SULTANA RAISINS



DIRECTIONS

Soak the sultana raisins in warm water for 10 minutes.

Clean the Sardinian fish: cut the head, remove the spines and wash them under running water.

In a hot non-stick pan, add some extra virgin olive oil and brown the Sardinian fish at slow fire for 2 minutes. Afterwards, add the sultana raisins, previously squeezed. Finally, add half glass of water.

Cook the SIGI 8 Lined Penne for 8 minutes and pour them slowly.

In another non-stick pan, brown a clove of garlic with a spoon of extra virgin olive oil and the breadcrumbs. Let it toast for some seconds. Then, add the pine nuts and the parsley, previously minced.

Toss the pasta and add a bit more of minced parsley.

At this point, put everything on the plates and polish off with the made breadcrumbs.

INGREDIENTS

for 4 people

280g SIGI 8 Lined Penne
200g Sardinian fish
50g pine nuts
50g sultana raisins
10g prasley
10g breadcrumbs
A pinch of garlic
10g Trapani salt
1 spoon of extra virgin olive oil

LEVEL 3/5

TIME 45 minutes

