



Spaghetti ala Mega Sardines

INGREDIENTS:

- 1/4 kilo pasta (spaghetti, fettuccini or macaroni)
- 3 tbsp. oil
- 1 tbsp. butter
- 1 head garlic, minced
- 1 onion, chopped
- 3 cans Mega Sardines in Tomato Sauce 155g
- 1 can button mushroom, sliced
- 1 small can all purpose cream
- 1 cup pasta broth
- 1 small can cream of mushroom
- Dash of preferred spice
- Salt and pepper to taste
- 3 eggs, scrambled
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 1/4 bar butter, flaked
- 1/2 cup grated cheese

PROCEDURES:

1. Cook pasta according to package directions.
2. Prepare the sauce. Saute garlic and onion in butter oil combination. Add 3 cans of Mega Sardines, 1 can of sliced button mushroom, 1 can all purpose cream, 1 cup pasta broth and 1 can cream of mushroom. Season with preferred spice (rosemary, basil, Italian seasoning or pinch of curry). Then, season with salt and pepper.
3. Arrange cooked pasta in baking dish. Pour the sauce.
4. Pour 3 scrambled eggs on top followed by chopped red and green pepper, flaked butter and grated cheese. Bake just to melt cheese.
6. Serve with buttered toast.

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