

15 MINUTE AIRFRYER SARDINE PASTA BAKE

Sometimes you just need to cook something quick, filling and full of goodness. This is a perfect post gym dinner, high in protein and carbs to help recover and refuel.

The tinned sardines are a great store cupboard staple but if they aren't your bag then tuna would also work.

Servings 2 | Prep 5 minutes | Total 15 minutes

600 calories | 45g Protein | 60g Carbs | 18g Fat



Ingredients

125g high protein pasta (I use Morrisons Nourish Fusilli)

2 125g tinned sardines in tomato sauce

250g frozen chargrilled vegetables

Lemon juice

2 handfuls of rocket

Directions

1. Place your chargrilled veg in the airfryer and set to “Airfry” for 15 minutes.
2. Cook your pasta according to the packet instructions, drain and put to one side.
3. When the airfryer has 8 minutes left to go, add the tinned sardines and mix well. Close the drawer to continue to cook.
4. When the Airfryer has 3 minutes to go, add the cooked pasta and mix well again. Close the drawer to continue to cook.
5. Once the cooking time is up, serve the pasta bake between 2 bowls, drizzle with lemon juice, season with salt and pepper and top with a handful of rocket.