

# Marinated sardines, slow roasted fennel, and tomato angel hair pasta

*Enjoy this recipe from the second-place winner of the For the Love of Fish competition Andrea Leung (Fairmont Waterfront, Vancouver).*

## Pasta

1 pack angel hair pasta  
¼ cup organic golden olive oil  
½ cup quartered cipolini onions  
2 pint Geminii tomatoes  
1 cup coarse chopped BC hot house tomatoes  
1 cup coarsely chopped fennel  
1 sprig of thyme  
1 fresh bay leaf  
1 garlic clove

## Marinated sardines

6 sardine fillets  
1 tbsp grapeseed oil  
orange zest

Cook pasta according to packaging.

Heat heavy bottomed pot over medium high heat. Sauté all other ingredients until soft. Reduce to a low-medium heat and let stew for 2 hours. Season with salt and pepper to taste. Toss cooked pasta with sauce.

Toss marinde ingredients together and let marinate for 1 hour. Pat dry and grill on barbeque for 30 seconds a side. Serve immediately with pasta.