

DINNER

Anchovy Linguine

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	15 min	15 min	6	\$1.44	467 kcal



Anchovy Linguine could be just the dairy free and pescatarian recipe you've been looking for. For \$1.44 per serving, this recipe covers 17% of your daily requirements of vitamins and minerals. One serving contains 467 calories, 18g of protein, and 18g of fat. This recipe serves 6.

Ingredients

- ☐ 6 ounce anchovy filets
canned
- ☐ 4 cloves garlic, minced
- ☐ 16 ounce package linguini pasta
- ☐ 2 tablespoons chopped fresh parsley
- ☐ 6 tablespoons olive oil
- ☐ 1 cup water

Method

- 1
- Brown sliced garlic in olive oil. Stir in parsley and chopped anchovies.

- 2 Add water to cover, and simmer for a few minutes.
- 3 Meanwhile, cook pasta in boiling salted water until al dente.
- 4 Drain pasta. Toss with anchovy sauce.

Nutrition per serving			
	467	18 g	18 g
	KCAL	PROTEIN	FAT
Saturated Fat			57 g
			CARBS
			2.8 g · 17% of daily needs
Fibre			2.5 g · 10% of daily needs
Sugar			2.1 g · 2% of daily needs
Sodium			1,048 mg · 46% of daily needs
Cholesterol			24.1 mg · 8% of daily needs
Vitamin C			2.4 mg · 3% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/anchovy-linguine-148033