



Recipe
suggestions

Sardine panzanella (serves 2)

Ingredients

- > 6 sardines, cleaned
- > 3 slices sourdough bread
- > 4 ripe tomatoes
- > 2 tbsps olive oil
- > ¼ cucumber, sliced
- > 2 tbsps capers
- > 1 tbsp basil leaves, torn
- > ½ tbsp red wine vinegar

Method

- > Pre-heat your grill. Lightly oil the sardines and place under the grill for 3 mins on both sides. When cool, flake off the bone and set aside.
- > Tear the sourdough bread into chunks and place in a bowl.
- > Squeeze two of the tomatoes over the bread, then rub into the bread. Add a drizzle of olive oil, 1 wineglass of cold water, then season and leave for 10 mins.
- > Squeeze the remaining tomatoes into the bowl with the cucumber slices, capers, basil leaves, red wine vinegar and a further drizzle of olive oil.
- > Add the sardines and stir well. Serve.

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