THE LIGHTER PLATE METHOD

Sardine, Tomato & Lemon Toast

Punchy tinned sardines mashed over toast with sweet tomato and sharp lemon.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**0 min**	**8 min**	**2**	**EASY**

Ingredients

- 2 x 120g tins sardines in olive oil (drained)
- 4 slices wholemeal bread
- 2 tomatoes (sliced)
- 0.5 lemon
- 1 small handful flat-leaf parsley (chopped)
- 0.5 small red onion (very finely sliced)

Method

1. Toast the bread.
2. Mash the sardines roughly in a bowl with a squeeze of lemon, the parsley and plenty of black pepper — leave some pieces whole.
3. Lay the tomato slices over the toast and season them lightly.
4. Spoon the sardines on top, scatter with red onion and finish with a last squeeze of lemon.

Tips & swaps

- Soak the sliced onion in cold water for 5 minutes to take the raw edge off it. Sardines in olive oil have better texture than those in tomato sauce for this.

Storage & reheating

Best assembled and eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**22g**	**28g**	**14g**	**5g**

Estimated values, for guidance only. Contains: Fish, Gluten.