

Sardines on Toast

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A posh way of eating a common meal of tinned sardines on toast, this lunch combines thick slice granary toast with sardines, tomatoes, and dressed salad leaves to create a filling and very healthy lunch.

Ingredients:

2 slices granary bread (or any artisan bread, such as sun-dried tomato, cheese and onion or herby)
1 x 100g tin sardines in spring water
1 large tomato
Handful fresh salad leaves
Small handful fresh basil
1 tbsp. extra-virgin olive oil
2 tbsp. balsamic vinegar

Directions:

1. Slice the tomato into thick slices.
2. Toast the bread, then drain the sardines.
3. Whisk together the olive oil and balsamic vinegar.
4. Once the bread is toasted, drizzle with a third of the olive oil and balsamic vinegar.
5. Arrange the tomato slices on top of the bread, followed by the sardines. Dress the salad leaves with the remainder of the dressing and then arrange these on top.

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