

Sardines with Avocado Topped Toast

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This quick supper is the perfect pick-me-up meal - nutritious and delicious, packed with protein, omega-3s and loads of flavour, it would also make an excellent dinner party starter.

Ingredients:

1 avocado
4 thick slices seeded granary bread, toasted, or ciabatta toasted in the oven
4 sardine fillets, boned
1/2 red chilli
Juice of 1/2 a lime
Salt and pepper

Directions:

1. Mash the avocado in a bowl with the lime juice. Season to taste. Slice the chilli in half, remove the seeds and pith and finely dice the flesh. Stir into the avocado.
2. Rub the sardines with a little oil and season with salt and pepper. Fry for 2 minutes on either side, or until golden and tender, and set to one side.
3. Spread the avocado mixture onto the toast and top with the sardine fillets. Season to taste.

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