



Sardine Salad

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Ingredients

4 Sardines per person
french bread sliced
mixed salad
olive oil
clove of garlic
slice of lime

plain flour
salt & pepper
chives to garnish

Instructions

Have the sardines cleaned out if you prefer.
Coat with a little plain flour.

Heat up a pan with a little drizzle of oil till quite hot with the clove of garlic chopped.

Mix your salad and place a little on a dish with a couple of slices of the french bread.

Cook the sardines for about 3-4mins each side, depending on their size and place on the mixed salad. Drizzle with some oil, squeezed lime juice and season with salt & pepper.

Add the chopped chives for garnish.
