



# Sardine Stuffed Pepper

NIBBLEDISH CONTRIBUTOR

## Ingredients

For 2:

2 peppers, cut in halfway lengthways and deseeded  
tin of sardines, drained  
handful of spinach, ripped  
bit of red onion, chopped  
slice of granary bread, broken into crumbs  
4 cherry toms, diced

## Instructions

1. Preheat oven to 190 degrees C
2. Mash the sardines with the breadcrumbs.
3. Carefully mix in the rest of the veg.
4. Stuff yer peppers and stick in the oven for about half an hour until hot.