Dizzle Sky
KITCHEN CLUB & COACHING

FRESH SARDINES WITH AVOCADO ON TOAST

MINUTES TO PREPARE
2

MINUTES TO COOK
3

SERVES
1-2

INGREDIENTS

180g fresh sardines, *filleted and butterflied (you can buy them like this from the supermarket or ask your fishmonger)*
1 teaspoon butter
1 clove of garlic, *peeled and sliced*
1/3 medium chilli, *thinly sliced*
Juice of 1/2 a lemon
Handful flat leaf parsley, *finely chopped*
Maldon sea salt
1/2 soft avocado
Toast

You will need a small frying pan.

LET'S GET COOKING

1. Melt the butter in a small frying pan until frothy. Add the butterflied sardines so that they are lying flat. You may need to do this in 2 batches or use a larger frying pan.
2. Cook for a minute on either side. Remove the sardines to a plate on the side.
3. Return the frying pan to the stove and add the garlic, chilli and lemon juice. Bring to the lemon juice to the boil and using a spatula or wooden spoon, scrape any residual fish off the side of the pan.
4. Pour over the sardines and sprinkle with chopped parsley and Maldon sea salt.
5. Make the toast. Use a fork to scoop out a tablespoon's worth of soft avocado on to each slice of toast, and smash it in to the toast with the back of the fork.
6. Lay the sardines on top and enjoy!

"This is such a quick and easy lunch. If you aren't a fan of chilli or garlic, you don't have to use them. Just use a squeeze of lemon, a nice pinch of salt and some chopped parsley (or chives) and your sardines will be equally delicious. And if avocado on toast isn't your thing either, simply swap it for butter. You are in control!"