

15min EASY MEALS: SARDINES AND TOMATOES ON TOAST



2 Slices of toast



½ Clove of garlic



1 Tin of sardines



Cherry tomatoes



Watercress or lettuce



TBS chopped parsley



½ Lemon to serve



Rub each piece of toast with the garlic. In a small bowl, mix the sardines and their oil with the tomatoes and the watercress, then season to taste. Place half of the mixture on each slice of toast, piled high. Scatter over the parsley and squeeze over the lemon, if you like, and enjoy!



<https://www.bbcgoodfood.com/recipes/sardines-tomatoes-toast>



AVOID if allergic to fish or seafood

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