Sardines

There is no need to have a lot of portions defrosted - take out a few and defrost accordingly



Small Pan | Contains Fish - Gluten

INGREDIENTS

- 150g Sardine Fillets (3 Fillets x50g)
- 15g Dry Mix
- Ladolemono Dressing

METHOD

1. Dip fillets in dry mix and dip the tip of the sardine in the oil
2. Grill for 3-5 minutes until cooked
3. Place the sardines in a small starter pan and serve with Ladolemono dressing on top
4. Garnish with spring onion and a lemon wedge

GARNISH

- 1 lemon wedge
- Sprinkled Spring Onion

EQUIPMENT

Flat Top Grill
Spatula

NOTES

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