



Sardines on Toast

A cheap and easy anytime snack

It's an age since we had this snack and it was most enjoyable. Sardines in the can also come in oil, but I would advise against this because they taste pretty awful.



4 slices of bread OR 2 English muffins

1 x 120g can of sardines **in tomato sauce**

Table spread or butter

Transfer the sardines to a bowl, leaving behind the sauce. This is because some brands seem to have more sauce than fish and it can get a bit sloppy. Mash the fish thoroughly with the back of a fork; then judge whether you need to add some or all of the sauce. Mix it well and, still in the bowl, divide into four portions.

If using muffins, first split them prior to toasting. Same as the bread, toast to your satisfaction and allow to cool slightly before spreading with butter or table spread.

Spoon the portions of mashed sardines on the toast or muffins and spread evenly. If you like you can top with chopped onion, capsicum, or tomato; maybe even try cheese? – your choice. Line a grilling tray with aluminium foil and place the toast on this. Slide the tray under the grill and cook on medium low for about 8-10 minutes, or until the topping is heated through and is a good colour. Time may vary depending on the appliance.

Serve on warmed plates, and have a napkin handy as this snack is finger food.

Serves 2

Tip: I seem to recall using pilchards instead of sardines in the past, but I'm not sure if they are still available.

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