Dinner

Chilli Sardines on Wholemeal Bread

Tinned sardines are laid over wholemeal bread topped with peppery rocket, then finished with slices of fresh chilli and a drizzle of the oil from the tin.

3 min	326	16.4 g	1.5 g
time	calories	carbs	sugars



Nut free

Ingredients, 1 serving

- [ ] ½ small red chilli (10g)
- [ ] 2 small slices wholemeal bread (40g)
- [ ] 120 g tin of sardines in olive oil
- [ ] rocket (40g)

Method

- [ ] 1 Scrape the seeds out of the ½ small red chilli, then cut the flesh into fine rings.
- [ ] 2 Open the 120g tin of sardines in olive oil and pour the oil away, holding back a little of it for the end.
- [ ] 3 Cover the 2 small slices of wholemeal bread with the rocket, then sit the drained sardines on the leaves.
- [ ] 4 Dot the chilli rings over the fish and trickle the oil you set aside across the top.

Nutrition Facts

Per serving

Calories	**326**
Total fat	15.3 g
Saturated fat	3.5 g
Sodium	Not listed
Total carbs	16.4 g
Fiber	3.5 g
Total sugars	1.5 g
Protein	29 g

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