



## Pan Fried Sardines\* ( OP W )

Serving: 1

Non Veg

### *Ingredients*

- 1/2 lime
- 1 tbsp (15 ml) coconut or avocado oil
- 1 clove garlic, minced
- 100 grams sardines ( kept in 1 tsp olive oil for 15 minutes , than drained)
- 2 tbsp fresh cilantro leaves, chopped
- 1 tbsp mint leaves, chopped
- handful baby spinach or arugula leaves 1 tsp black pepper powder

### *Preparation Method*

- **-WARM:** Zest and juice the lime, reserving both the zest and the juice for later. Heat the oil in a skillet over low-medium heat. Add the garlic and cook until softened and -fragrant, about a minute. Pour in the lime juice and cook until it bubbles and reduces a little, about a minute. Add the drained sardines to the pan and stir them through the oil to coat. Cook until the sardines are warmed through, another 2-3 minutes.
- **-TOSS:** Remove the pan from the heat and add the lime zest, cilantro, mint and capers, tossing to combine. Top the leaves with the pan-fried sardines. Sprinkle the pepper powder on top and serve immediately!