



Sardines on toast

Not sold on sardines? Well, allow yourself to be seduced by this delicious recipe. You'll get all the benefits of this omega-3 and calcium-rich fish, but with the 'fishy' taste tamed by equally tasty ingredients.

Ingredients

- 1 105g tin of sardines in (ideally) extra virgin olive oil
- 2 heaped tablespoons of flat-leaf parsley, roughly chopped
- 6-8 cherry tomatoes, chopped in quarters
- ¼ red onion, diced finely
- 1 heaped tablespoon of hummus, OR 50-80g of marinated goat's feta
- Freshly squeezed lemon juice, to taste
- Freshly cracked black pepper, to taste
- 1 thick slice of grainy bread, toasted

Optional

- 1 teaspoon of capers

Variation

Instead of serving on toast, add handfuls of spinach leaves or rocket and serve as a salad.

⌚ Prep time: 5 – 10 minutes. Serves 1 (generously)



Method

Place sardines in a bowl and mash with a fork. If using feta, add and mash together with sardines. Add parsley, onion and hummus and mix to combine. Add tomatoes, lemon juice and pepper and gently fold through.

Heap onto toasted bread. Add more pepper and lemon juice if desired.

Nutritional information

Sardines are one of my top five foods for women. Many people are averse to the smell, taste or look of these little fish, but this recipe combines the sardines with equally robust and tasty flavours, making this version of sardines on toast appealing to those who may be apprehensive about eating them.

Canned sardines are an excellent source of calcium. A 100g tin provides about 300mg of calcium, a nutrient essential for bone health. They are also an excellent source of omega-3 fatty acids and protein, and are inexpensive and readily available. The hummus provides some additional calcium (through the chickpeas, the basis of hummus), but if you make your own hummus you can get an extra calcium boost by using unhulled tahini, as it's about 10 times higher in calcium than regular tahini. The calcium content of feta varies, but an 80g serve provides about 300mg of calcium. This makes this toast topper an excellent, calcium-rich meal.

Evidence suggests that following a Mediterranean diet promotes bone health, due to its inclusion of extra virgin olive oil, vegetables (and fruits) legumes and fish – which are all on top of the toast here!

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