

Sardine Dip



⌚ Prep: 10-15 minutes

⌚ Cook: 0 minutes

🍴 Serves: 2-4

Recipe info

Ingredients

120g canned sardines in spring water or brine
100g of low fat soft cheese
½ lemon
Black pepper

Equipment

Can opener
Sieve
Small mixing bowl
Fork
Weighing scales
Lemon squeezer
Mixing spoon
Chopping board
Sharp knife
Small bowl
Serving dish

Description

Sardines are a good source of omega-3 essential fats and this dip is a tasty way of including fish in the diet.

Method / What to do

1. Open the sardines and use the sieve to drain away the liquid.
2. Tip the drained sardines into the mixing bowl and mash with a fork.
3. Spoon the low fat soft cheese into the mixing bowl.
4. Squeeze the juice from the lemon and add the juice to the mixing bowl.
5. Mix all the ingredients together thoroughly. Add pepper to taste.
6. Serve in the serving dish with strips of vegetables or fingers of bread.

Variation

- ⦿ Try a low fat soft cheese with garlic and herbs or chop up some parsley, chives or dill and add to a plain soft cheese.

