

SEABRA'S

MARKET

PORTUGUESE STYLE SARDINES ON TOAST

SERVES: 4

PREP TIME: 10 min

COOK TIME: 30 min

INGREDIENTS

- 10 ounces sardines in oil, drained
- 1 red onion
- 2 red ripe tomatoes
- 1/2 lemon, juice of, only
- 1 teaspoon cumin seed, toasted
- 1 tablespoon parsley, chopped
- 2 tablespoons extra virgin olive oil
- 1 garlic clove, halved
- 4 ounces feta cheese
- sliced French bread, toasted

DIRECTIONS

Using your hands, remove the skin and bones from the sardines - simply hold the fish under a gently running tap and rub the skins off with your thumb.

Gently open the fish and remove any bones. Flake the flesh and leave on one side

Finely dice the red onion. Blanch the tomatoes in boiling water for about 30 seconds, before plunging them into cold water. Remove their skins and seeds and finely dice the flesh.

Toss the tomatoes and onion with the lemon juice, olive oil, cumin seeds and parsley. Season with salt and pepper.

To serve, rub the toasted bread with olive oil and garlic, and heap the sardines onto the bread. Scatter over the tomato mixture and garnish with the Feta cheese.



FOR A PINCH OF *Seabra's* FLAVOR...

Appetizing full of flavor and easy to do!