

Sardine Fried Rice





Ingredients

425 g (1 big can)	Healthier-choice symbol sardines in tomato sauce
3 cups	Brown rice, cooked
1 tbsp	Canola oil
1	Large onion, chopped
2 cloves	Garlic, minced
1 cup	Frozen vegetables
To taste	Pepper
4	Eggs

Method

1. Mash the sardines with a fork. Set aside.
2. Heat oil in a non-stick pan, sauté the onion and garlic for 1-2 minutes or until fragrant.
3. Add the frozen vegetables, and brown rice, stir fry until heated through.
4. Add the mashed sardines and stir well. Add pepper to taste.
5. Divide into 4 portions onto a plate.
6. Fry each egg separately sunny side up.

Nutritional information	Energy
Total servings 	1900 kcal
Per serving 	475 kcal

*TIP: for this sardine fried rice to have a grainier texture and be lower in sodium, omit the use of some sauce from the healthier choice canned sardine