

Sardine Fried Rice

Energy: 450 Calories per serving

Ingredients:

- 1 can (155g) HCS sardines in tomato sauce
- 1 tbsp canola oil
- 1 large onion, chopped
- 2 cloves of garlic, minced
- 1 cup frozen vegetables
- 3 cups cooked brown rice
- Pepper to taste
- 4 eggs

Method

1. Mash the sardines with a fork. Set aside.
2. Heat oil in a non-stick pan, saute the onion and garlic for 1-2 minutes or until fragrant.
3. Add the frozen vegetables, and rice, stir fry until heated through.
4. Add the mashed sardines and stir well. Add pepper to taste.

Divide into 4 portions onto a plate.

5. Fry each egg separately sunny side up.