

Hot Fish Sandwich

Prep time: 5-10 minutes Cooking time: 3-5 minutes



2



4



Ingredients

- 1 small can / 120g / 4oz of sardines or pilchards / mackerel in tomato sauce
- 4 slices of bread
- ½ teaspoon dried parsley
- Pinch of black pepper



Method.

- Mash the fish and ensure all small bones are crushed - remove any large bones. Add black pepper and parsley to fish to season

Sandwich Toaster

- Using a sandwich toaster, arrange the tomato and fish on one slice of bread and top with the other slice of bread. Close the toaster for 3-5 minutes or until toasted

Toaster or Grill

- Toast the bread. Spread the fish over one slice, top with other slice of toast
- Cut into triangles, serve with cherry tomatoes or a side salad



Did you know?
This is great for strong bones,
teeth, a happy heart and
a healthy brain