

## Breakfast

### Breaded Sardines and Vegetables

#### Ingredients:

Fresh sardines, cleaned, no heads/tails

(first week: 280g sardines =43g protein), 195g = 30g, 130g = 20g.

1 tbs.	fresh parsley, finely chopped
	garlic powder
	Olive oil cooking spray
	light sprinkling of fresh breadcrumbs
1 cup	mixed cucumber and zucchini slices
	Greek herbs for garnishing

#### Method:

- Spray coat sardines with Olive oil cooking spray
- Lightly sprinkle each side with garlic powder, parsley and breadcrumbs
- Spray coat an ovenproof dish with Olive oil cooking spray
- Lay sardines in dish and bake in preheated oven (350°C for 15 minutes), or until sardines are cooked
- Sprinkle Greek herbs over vegetable slices and serve with sardines