

Dinner

Sardines with Caper and Olive Stuffing

Ingredients:

Fresh sardines, cleaned, no heads/tails, backbone removed
(first week: 280g fish = 43g protein), 195g = 30, 130g = 20g.

1 small clove garlic, minced
1/3 cup pitted ripe olives
1/3 cup capers
3 tbs. finely chopped parsley
2 tbs. breadcrumbs
Sea salt and pepper
Olive oil cooking spray

Method:

- Mix together the garlic, olives, capers, parsley, breadcrumbs, salt and pepper
- Spray coat mixture with Olive oil cooking spray (enough to bind together)
- Spread a little of the mixture inside each fish
- Spray coat a shallow casserole dish with Olive oil cooking spray
- Place sardines in dish and lightly spray coat fish with Olive oil cooking spray
- Season with a little more sea salt
- Cook in preheated oven (400°C for up to 20 minutes), or until fish cooked
- Serve hot or cold