



Sardines in Mediterranean - Style Dishes



2 Servings



20 minutes

Ingredients :

- Canned sardines in olive oil
- Cherry tomatoes
- Garlic cloves
- Olive oil
- Fresh parsley
- Dried oregano
- Lemon juice
- Salt
- Black pepper



Instructions :

1. Heat olive oil in a pan over medium heat and add minced garlic ,cooking until fragrant .
2. Add halved cherry tomatoes and cook for 3 –4 minutes until they soften slightly .
3. Gently place the sardines into the pan ,keeping them whole if possible .
4. Sprinkle in dried oregano , salt ,and black pepper ,then cook for 2 –3 minutes .
5. Drizzle lemon juice over the dish and remove from heat .
6. Garnish with freshly chopped parsley and serve warm with bread ,rice ,or salad .