



Sardines Mashed into Spreads



4 Servings



15 minutes

Ingredients :

- Canned sardines (drained)
- Cream cheese or softened butter
- Fresh lemon juice
- Olive oil
- Salt
- Black pepper
- Chopped fresh herbs (such as parsley or dill)
- Optional garlic or chili flakes



Instructions :

1. Place the drained sardines in a medium bowl and mash them well using a fork until mostly smooth .
2. Add the cream cheese or butter and mix until fully combined and creamy .
3. Stir in lemon juice and olive oil to enhance flavor and smoothness .
4. Season with salt and black pepper , adjusting to taste .
5. Fold in fresh herbs and optional garlic or chili flakes if using .
6. Let the spread rest for a few minutes , then serve on toast , crackers , or sliced vegetables .