



Sardines on Flatbread or Pita



2 Servings



10 minutes

Ingredients :

- Flatbread or pita bread
- Canned sardines in olive oil, drained
- Cherry tomatoes, sliced
- Red onion, thinly sliced
- Fresh parsley or cilantro, chopped
- Lemon juice
- Olive oil
- Salt
- Black pepper



Instructions :

1. Warm the flatbread or pita in a skillet or oven until soft and lightly toasted.
2. Place the warmed flatbread on a serving plate.
3. Gently break the sardines into large pieces and spread them evenly over the flatbread.
4. Add sliced tomatoes and red onion on top of the sardines.
5. Drizzle lightly with olive oil and lemon juice.
6. Season with salt and black pepper to taste.
7. Finish by sprinkling fresh herbs over the top.
8. Serve immediately while warm or at room temperature.