



S a r d i n e s S t r a i g h t f r o m t h e C a n



1 Servings



2 minutes

Ingredients :

- 1 can sardines in olive oil or water
- Lemon wedges
- Freshly ground black pepper
- Sea salt, optional



Instructions :

1. Open the can of sardines carefully and drain excess liquid if desired .
2. Place the sardines on a plate or enjoy them directly from the can .
3. Squeeze fresh lemon juice over the sardines for added brightness .
4. Sprinkle with black pepper and a pinch of sea salt if needed .
5. Serve immediately as a snack or light meal .