



Sardines Used in Dips or Pâtés



4 Servings



20 minutes

Ingredients :

- Canned sardines in olive oil, drained
- Cream cheese, softened
- Fresh lemon juice
- Fresh parsley or dill, chopped
- Capers (optional)
- Garlic clove (optional)
- Hot sauce (optional)
- Salt, to taste
- Black pepper, to taste



Instructions :

1. Place the drained sardines into a food processor.
2. Add the softened cream cheese and fresh lemon juice.
3. Add chopped herbs, and include capers, garlic, or hot sauce if using.
4. Pulse the mixture until smooth and creamy.
5. Taste and season with salt and black pepper as needed.
6. Transfer the pâté to a bowl and let it rest in the refrigerator for 10 minutes.
7. Serve spread on crackers, toast points, or cucumber slices.