



S a r d i n e s w i t h A v o c a d o



2 Servings



10 minutes

Ingredients :

- 1 can sardines in olive oil, drained
- 1 ripe avocado, sliced
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- Salt to taste
- Black pepper to taste
- Optional fresh herbs like parsley or cilantro



Instructions :

1. Cut the avocado in half, remove the pit, and slice the flesh into thin pieces.
2. Arrange the avocado slices on a serving plate.
3. Place the drained sardines gently over the avocado.
4. Drizzle lemon juice and olive oil evenly on top.
5. Season with salt and black pepper as needed.
6. Garnish with fresh herbs if using and serve immediately.