



Sardines with Garlic and Chilli Flakes



2 Servings



10 minutes

Ingredients :

- Sardines (canned in olive oil or water)
- Olive oil
- Garlic cloves , thinly sliced
- Chili flakes
- Salt
- Black pepper
- Fresh lemon juice
- Fresh parsley or herbs of choice



Instructions :

1. Drain the sardines and gently pat them dry if needed .
2. Heat olive oil in a pan over low to medium heat .
3. Add sliced garlic and cook until lightly golden , stirring to prevent burning .
4. Sprinkle in chili flakes and stir for a few seconds to release flavor .
5. Add the sardines carefully and warm them through without breaking them apart .
6. Season with salt , black pepper , and a squeeze of fresh lemon juice .
7. Remove from heat and garnish with fresh herbs before serving .