



Sardines with Rice



2 Servings



20 minutes

Ingredients :

- 1cup cooked white or brown rice
- 1can sardines in olive oil, drained
- 1tablespoon olive oil
- 1small onion , finely chopped
- 1clove garlic , minced
- Salt to taste
- Black pepper to taste
- Lemon juice , optional
- Fresh parsley or green onions , optional



Instructions :

1. Heat olive oil in a pan over medium heat .
2. Add the chopped onion and cook until soft and lightly golden .
3. Stir in the garlic and cook for about 30 seconds until fragrant .
4. Add the drained sardines and gently break them into pieces . Cook for 2 to 3 minutes .
5. Add the cooked rice to the pan and mix well until heated through .
6. Season with salt and black pepper to taste .
7. Finish with a squeeze of lemon juice if desired .
8. Garnish with fresh parsley or green onions and serve warm .