



# S a r d i n e s   w i t h R i c e



2 Servings



20 minutes

## Ingredients :

- 1 cup cooked white or brown rice
- 1 can sardines in olive oil, drained
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 clove 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.