



Sardines with Scrambled Eggs



2 Servings



10 minutes

Ingredients :

- Eggs
- Canned sardines (in olive oil or water)
- Butter or olive oil
- Salt
- Black pepper
- Fresh herbs (optional)



Instructions :

1. Crack the eggs into a bowl , add a pinch of salt and pepper , and whisk until well combined .
2. Heat butter or olive oil in a non -stick pan over low to medium heat .
3. Pour the eggs into the pan and gently stir with a spatula as they begin to set.
4. Add the sardines , breaking them into small pieces , and fold them gently into the eggs .
5. Continue cooking until the eggs are softly scrambled and creamy .
6. Remove from heat , garnish with fresh herbs if desired , and serve immediately .