



Sardines with Soy Sauce and Sesame



2 Servings



5 minutes

Ingredients :

- Canned sardines (in oil or water), drained
- Soy sauce
- Sesame oil
- Toasted sesame seeds
- Green onions , finely chopped
- Optional chili flakes or grated ginger



Instructions :

1. Drain the sardines gently and place them in a shallow bowl or plate .
2. Drizzle soy sauce evenly over the sardines .
3. Add a few drops of sesame oil for aroma and flavor .
4. Sprinkle toasted sesame seeds on top .
5. Garnish with chopped green onions and optional chili flakes or ginger .
6. Serve immediately on rice , toast , or as a side dish .