

Sardine Fried Rice

(4 Servings)

Energy: 475 Calories per serving

Ingredients:

- 425g (1 big can) HCS sardines in tomato sauce
- 1 tbsp canola oil
- 1 large onion, chopped
- 2 cloves of garlic, minced
- 1 cup frozen vegetables
- 3 cups brown rice, cooked
- Pepper to taste
- 4 eggs

Method

1. Mash the sardines with a fork. Set aside.
2. Heat oil in a non-stick pan, sauté the onion and garlic for 1-2 minutes or until fragrant.
3. Add the frozen vegetables, and brown rice, stir fry until heated through.
4. Add the mashed sardines and stir well. Add pepper to taste.
Divide into 4 portions onto a plate.
5. Fry each egg separately sunny side up.

* tip - for this sardine fried rice to have a more grainy texture and lower sodium, omit the use of some sauce from the healthier choice canned sardine