

# Cornish Pilchard Bruschetta



**Serves 2 - 4**

**Prep 15 mins**

**No cook**

**Easy**

## **Ingredients**

4 pilchards or sardines (Ortiz)  
2 spring onions  
10g parsley  
6 basil leaves  
20 cherry tomatoes  
salt & pepper  
4 slices sourdough bread  
Extra virgin olive oil

1. Take four pilchards (I use Ortiz) out of the tin and pat any excess oil off them
2. Make a salsa with two spring onions, 10g parsley, 6 basil leaves and 20 cherry tomatoes, then season with salt and pepper.
3. Drizzle four slices of sourdough bread with extra-virgin olive oil and char grill. Spread your salsa on top of the toast, then place the pilchard fillets over the salsa and finish the dish with some chopped parsley and olive oil.