

Sardines & Roasted Red Peppers on Toast



Serves 2 Prep 10 mins

Cooking 30 mins

Easy

Ingredients

2 roasted red peppers from a jar or 2 red peppers roasted in the oven for 30 mins
1 lemon, juiced
1 tbsp olive oil
1 handful fresh parsley
1 pinch paprika
2 slices of sourdough bread
280g fresh sardines

1. Heat oven to 220C/200C fan/gas 7. Roast the peppers for 30 mins, then slice or use from a jar and place in a bowl with the lemon juice, olive oil and parsley. Add a pinch of paprika and season with salt and black pepper.
2. Mix it all together and set aside while you grill or pan fry the sardines
3. Toast 4 rounds of sourdough bread. When the toast is ready, top with the pepper mixture (retaining the juice) and the sardines
4. Drizzle over a little of the juice and serve