



Roasted Tomato & Sardine Salad

SERVES 4 PREP TIME 15 MINS

COOK TIME 40 MINS

INGREDIENTS

24 ripe medium tomatoes halved
½ tsp Himalayan/Sea Salt
1 ½ tbsp light brown sugar or coconut sugar
1 tbsp dried thyme
½ tsp chilli flakes
2 cloves of garlic crushed
Sherry vinegar
Cold-pressed extra virgin olive oil
12 olives
1 tsp fennel seeds
8 -12 sardines depending on size
Large handful of fresh parsley – chopped
200g rocket
Zest and juice of 1 lemon
Small handful of flaked almonds to serve

Full of Vitamin C and protective antioxidants tomatoes are a summer powerhouse of goodness.

Sardines are a seasonal oily fish full of Omega-3 and the bones are small enough and soft enough to eat providing a great source of calcium for bone health.

Rocket pairs with the sardines beautifully. This bitter leaf providing a great source of Vitamin K which is essential for calcium absorption and bone health.

Thyme, fennel seeds and parsley are packed with vitamins, minerals and antioxidants supporting the liver and detoxification which may help with balancing hormones.

METHOD

1. Preheat oven to 180/160 Fan. Put the tomatoes in a roasting tin cut side up. Sprinkle over the salt, sugar, thyme, chili flakes, garlic and drizzle with Sherry vinegar and olive oil. Roast for 30-40 minutes until softened. Cool slightly and then stir in the olive. Transfer to a warm serving dish.
2. While the tomatoes are cooking toast the fennel seeds in a small dry frying pan over a medium heat, keep them moving until they are very slightly darkened. Put to one side and do the same with the almond flakes.
3. Then in a hot frying pan (add a tsp of olive oil if needed) fry the sardines on both sides for a total cooking time of 2-3 minutes depending on size. Make sure they are cooked through then arrange the sardines on top of the tomatoes and olives.
4. To serve sprinkle the herbs and fennel seeds over the sardines and tomatoes and add the lemon zest and juice then the almond flakes. Divide the rocket between 4 plates and serve the roasted tomato and sardine salad on top. Sourdough is great to mop up the juices – enjoy!