

Witlof sardine boats

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Witlof sardine boats

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Sarah Wilson shares one of her favourite seafood recipes. Perfect as an appetiser or snack.

I love sardines. They're a [sustainable fish](#), dirt-cheap and super-healthy. Forget the tinned ones - buy fresh and tuck into this recipe. You can use toast instead of witlof if you wish. They make great hors d'oeuvres, too.

Ingredients (serves 2)

- 6 [sardine](#) fillets
- ½ cup finely chopped flat-leaf parsley
- 1 mild chilli, finely chopped
- Juice and grated zest of ½ lemon
- 2 tbsp olive oil
- ¼ cup cream cheese
- 1 witlof

METHOD

In a pan grill the sardines on both sides over a medium heat with a little oil. Transfer to a small bowl and smash together with the parsley, chilli to taste, lemon zest and juice, and oil. Pull apart the witlof and top with a spoonful of cream cheese and some sardine mixture.

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Photo credit: Marija Ivkovic

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