

## Witlof sardine boats

Search:

- [Seafood](#)
- [Recipes](#)

## Witlof sardine boats

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Witlof sardine boats

---



Rate this recipe

1 person is cooking this [Count me in](#)

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.

## Witlof sardine boats

---

Browse more [seafood recipes](#) or join the chatter on [Facebook!](#)

Photo credit: Marija Ivkovic

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```