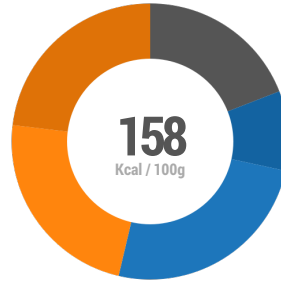


Sardine Pate

Creamy sardine pate with lemon, parsley & smoked paprika served with warm toast

Overview ...



CALORIES:

34.6% Carbs

19.1% Protein

46.3% Fat

Food Labelling...

Serves **10**

CONTAINS:



WHEAT



MILK



FISH



SOYA



SULPHITES

MAY CONTAIN:



BARLEY



SESAME

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
100545 Brakes Red Wine Vinegar (24 May 2023)..	160ml	
115284 - 350098 Tate & Lyle Caster Sugar 2kg.. - BRAKES	20g	
114981 Kingfisher Sardines in Sunflower Oil 120g.. - BRAKES	360g	
18421 Green Valley Dairy Full Fat Soft Cheese..	550g	
134289 Sysco Classic Smoked Paprika (24 Jul 2023)..	3g	
102444 Brakes Essentials Thick Square Sliced White Loaves.. - BRAKES	444g	
36037 Brakes Capers in Brine.. - BRAKES	65g	
10224 Red Onions.. - BRAKES	200g	
114218 Lemons.. - BRAKES	300g	
10481 Curly Parsley.. - BRAKES	20g	

Products / Pack Sizes ...

1 Serving



 *Product code*

 *Barcode*

 212g / 338kcal

1

Cooking Instructions & Notes

Preparation:

Peel & thinly slice the red onions

Drain the sardines

Juice the lemons

Wash & chop the parsley

Method:

1. Place the vinegar and sugar in a small bowl and mix well, stir in the onions.
2. Add the sardines into a separate bowl and roughly mash with a fork.
3. Stir in the cream cheese, lemon juice, parsley and paprika.
4. Stir the capers in with the red onions, then drain, scatter the red onion & capers over the pate.
5. Toast the bread to accompany the pate and serve together.