

SIMPLE SARDINES ON TOAST



Such a simple snack, supper or light lunch idea, and super easy for kids to make ... and learn to love fish!

Sardines, even canned ones, are packed with heart-healthy omega-3 fatty acids, and they're a natural source of vitamin D. They are also a fantastic source of calcium due to the soft, edible bones.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use balance/digital scales; beat ingredients together.

Equipment: Tin Opener, Fork, Spoon, Bowl, Citrus Squeezer, Grill.

Allergens*: Gluten | Mustard | Eggs | Milk | Fish | Soya

Ingredients (serves 4):

- 1 can of sardines in tomato sauce
- 1 tbsp reduced fat mayonnaise
- Juice of 1/2 lemon
- 4 slices of crusty wholemeal bread

Method

1. Open the tin of sardines and place in a mixing bowl; mash lightly with a fork.
2. Spoon the mayonnaise into the bowl with the sardines.
3. Squeeze the juice of 1/2 a lemon into the same bowl.
4. Mix all of the ingredients thoroughly together.
5. Lightly toast one side of each slice of bread and then divide the sardine mixture evenly between the slices. Spread the mixture on the non-toasted side and then place under the grill for a couple of minutes to warm.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*



SIMPLE SARDINES ON TOAST

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about simple sardines on toast ...

Sardines (even canned ones) are high in heart-healthy omega-3 fatty acids. They are high in calcium and a source of vitamin D; essential for healthy teeth and bones.

Bread is a good source of complex carbohydrates which gives us energy. It is also a good source of fibre and B vitamins. In general, wholemeal bread tend to be more nutritious than white, and it also contains more fibre.



Energy, sugar, fat and salt per serving

Per 90g serving

ENERGY
807kJ / 192kcal **10%**

MED **FAT**
6.5g **9%**

MED **SATURATES**
1.5g **7%**

LOW **SUGARS**
1.8g **2%**

MED **SALT**
0.9g **15%**

% of an adult's reference intake

Typical values per 100g : Energy 896kJ / 213kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage