

Sautéed Sardines

オイルサーディン

● Ingredients (1 serving)

1 can of Sardines

1 tsp. minced Garlic

1 tsp. minced Ginger

A pinch of Salt and Pepper (to taste)

1 Tbsp. Vegetable Oil

1 Tbsp. minced Green Onion

● Mince vegetables



Prepare 1 tsp. of minced garlic and 1 tsp. of minced ginger.



Prepare 1 Tbsp. of minced green onion. Set aside.

To store minced green onion, put in a freezer bag and place in the freezer. Use within a month.



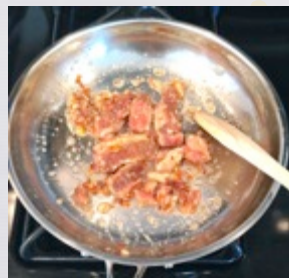
● Cook



Heat 1 Tbsp. of vegetable oil over medium heat and add the minced garlic and the minced ginger to the pan.



Drain a can of sardines.
When it is aromatic, add the sardines to the pan.



Sauté over medium heat for 3 minutes.



Add 1 Tbsp. of the minced green onion.
Season with a pinch of salt and pepper to
taste and stir.

Enjoy!!

