



Sardine Fried Rice

Serves 4

Prep time: **15 mins**
Cook time: **20 mins**

Ingredients

- 1 can (155g) HCS sardines in tomato sauce
- 1 tbsp canola oil
- 1 large onion, chopped
- 2 cloves of garlic, minced
- 1 cup frozen vegetables
- 3 cups cooked rice
- Pepper to taste
- 4 eggs

Methods

- Mash the sardines with a fork. Set aside.
- Heat oil in a non-stick pan, sauté the onion and garlic for 1-2 minutes or until fragrant.
- Add the frozen vegetables, and rice, stir fry until heated through.
- Add the mashed sardines and stir well. Add pepper to taste. Divide into 4 portions onto a plate.
- Fry each egg separately sunny side up.

Nutrition Information (Per serving):

Energy: **323kcal**
Protein: **14.9g**
Total fat: **11.9g**
Carbohydrates: **38.7g**
Dietary fibre: **2.6g**

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