

**Recipe:** Sardine Puff's Punch

Side dish

*Bite into the crispy wholemeal pastry filled with savory sardine.*

Preparation time: 30 minutes

Cooking time: 25 minutes

Serves 12 children

Makes 12 pieces (60 g each)



**Ingredients**

- Ingredients A (to make the dough):
  - 250 g semi-wholemeal flour (185 g plain flour + 65 g wholemeal flour)
  - ¼ tsp salt
  - 100 ml sunflower seed oil (margarine)
  - 50 ml water
- Ingredients B (to make the sardine fillings):
  - 465 g sardine in tomato sauce\*
  - 6 small shallots, minced
- 1 sardine puff mould
- 1 egg, beaten (egg wash) – Optional



\* Choose products with the Healthier Choice Symbol

**Nutrition Information**  
**(Per serving): 60 g**  
**Energy 112.7 kcal**  
**Protein 7.0 g**  
**Total fat 6.0 g**  
     **Saturated fat 2.0 g**  
**Carbohydrates 7.8 g**  
**Dietary fibre 1.2 g**  
**Sodium 135.7 mg**

**Methods**

Preparing the dough

1. In a mixing bowl, sieve 250 g of flour (portion as stated above) and mix in the salt.
2. Add the sunflower seed oil to the flour. Using a spatula, coat the sunflower seed oil with the flour until it resembles small piece of oats.
3. Add water to the flour and sunflower seed oil and combine until smooth. Using your hands, knead the dough for about 5 mins and form it into a shape of a ball.
4. Place the dough in a cling wrap and allow it to rest for about 30 – 45 mins in the refrigerator.

Cost per serving \$0.45

Preparing the fillings

1. Open the cans of sardine and pour the content into a mixing bowl.
2. Remove the bones and flake the sardines with a fork.
3. Add minced shallot and mix thoroughly with the sardines.
4. Divide the sardines into portions of approximately 45 g each.

### Assembling

1. Preheat oven to 200° C.
2. Remove dough from refrigerator and pinch about 20 g of dough for each sardine puff.
3. Flatten the dough and roll it into a circular shape with a thickness of approximately 2 mm.
4. Place the dough over the mould and spread the sardine fillings evenly over the dough. Using a pastry brush, lightly wet the edges before crimping the mould to form the sardine puff.
5. Repeat the process.
6. Optional – egg wash the sardine puff
7. Place all the sardine puff on a parchment paper lined baking sheet.
8. Bake at 200° C for about 25 mins or until golden brown.
9. Allow to cool before serving.

### Tips:

- *As the wholemeal dough is softer than normal dough, it will be challenging to make the puffs solely by hand. You will need a curry puff mould to make them.*
- *Always rest the dough in the fridge for about 30 – 45 mins before making the puff so it will be easier to roll the dough.*



*Curry puff mould*