



Sardines patties with tomato confit

Source of protein, omega 3, iron, vitamin B12, vitamin D



Ingredients

CROQUETTES

1 can	Sardines , drained	100 g
1 cup	Mashed potatoes, plain	250 ml
1	Egg, beaten	1
2 tablespoons	Breadcrumbs	30 ml
1	Green onion, finely chopped	1
¼ teaspoon	Salt	1 ml
¼ teaspoon	Pepper	1 ml
½ teaspoon	Italian herbs	2 ml
1 tablespoon	Vegetable oil	15 ml

TOMATO CONFIT

1 can	Whole tomatoes	796 ml
1 tablespoon	Olive oil	15 ml
To taste	Salt and pepper	Taste



Tip

Ideal for leftover mashed potatoes! You can also boil or bake about 2 potatoes, and then mash them.



BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.) ●
- Grain products and starches (rice, pasta, bread, etc.) ●
- Meat, milk and their alternatives (fish, legumes, cheese, etc.) ●

Adapted from: ricardocuisine.com



Preparation

CROQUETTES

1. In a large bowl, coarsely crush the sardines with a fork. Stir in the mashed potatoes, egg, breadcrumbs, salt, pepper and herbs.
2. Shape the mixture into balls of about 30 ml (2 tablespoon) of the mixture in each. Press lightly to form patties. You should get 8 patties.
3. In a large non-stick skillet over medium-high heat, brown the patties in 15 ml (1 tablespoon) of oil for 2 to 3 minutes on each side. Alternative: On a baking sheet, cook the croquettes in the oven at 350° F (175° C) for 10 minutes, flipping halfway.

TOMATO CONFIT

4. With the rack in the middle position, preheat the oven to 300 °F (150 °C). Grease a baking sheet or place parchment paper.
5. In a strainer over a bowl, place the tomatoes and split in two to drain any excess liquid. Keep the tomato juice for another use.
6. Spread the tomato halves on the prepared baking sheet. Blot with paper towel if necessary to remove as much liquid as possible. Drizzle with the olive oil. Season with salt and pepper.
7. Bake for 1 hour or until tomatoes caramelize slightly.

Serve with the sardines croquettes