

WA Herring OR WA sardines FILLETS on soy linseed loaf with parsley and fresh lemon

Ingredients

Serves 4

- 12 Fremantle Sardines fillets Or WA Herring fillets
- Fresh chopped herbs (a small cup full of basil, parsley, chervil OR dill)
- 1 lemon OR lime
- Fresh breadcrumbs
- Egg/milk mix
- WA olive oil
- WA salt
- Flour (Enough to cover each fillet.)

METHOD

- 1) Crumb Fillets through flour, egg mix, herbs & crumbs.
- 2) Pan-fry over medium heat (or simply BBQ on grill) with a little WA olive oil.
- 3) Season with a little WA salt and a crunch of black pepper
- 4) Grate some lime or lemon rind over the fish, then squeeze with the lemon or lime
- 5) Serve on soy linseed or sourdough toast as is

Tip: can serve as a pass around fish with a chilli aioli dipping sauce

WA sardines or herring have so many benefits for they are in plentiful supply most of the year are a sustainable fishery are packed FULL of great omegas, are very good value price wise and by buyii you know you are supporting WA communities and families



Don Hancey

RECIPE PRODUCED BY
CHEF & WA FOOD AMBASSADOR DON HANCEY