

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.)



Don Hancey

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

RECIPE PRODUCED BY
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