



Sardines on toast with caponata

Caponata can be served hot, warm or at room temperature with toast and sardines.

FF

GF*

Serves: 4

Preparation time: 20 mins | Cooking time: 40 mins

Ingredients

- 4 tbsp extra virgin olive oil (EVOO)
- 1 large eggplant, cut into 2 cm cubes
- 1 red capsicum, cut into 2 cm pieces
- 1 x 400g can cherry tomatoes
- ¼ cup capers in vinegar, drained
- ¼ cup green olives, pitted and chopped
- ¼ cup red wine vinegar
- Freshly cracked black pepper, to taste
- ¼ cup toasted pine nuts
- ¼ cup chopped parsley
- ¼ cup chopped basil leaves
- 2 x 110g cans no-added-salt sardines, drained
- 4 slices whole grain or prebiotic-enriched bread, lightly toasted

Method

1. Heat EVOO in a large frying pan over medium-low heat. Add eggplant and cook for 5–8 minutes, tossing constantly, until the eggplant is glossy. Add the capsicum, tomatoes and 1 cup water and cook for 15–18 minutes, stirring occasionally, until the mixture just starts to break down.
2. Stir in capers, olives, vinegar and freshly cracked black pepper to taste. Simmer gently, stirring occasionally, for 8–10 minutes until the vegetables are very tender and the caponata is thick and stew like. Stir through pine nuts and fresh herbs.
3. Store the caponata in an airtight container in the fridge covered with EVOO.

***Can be tweaked to be gluten free:**
Use gluten free bread.