

SARDINES IN OLIVE OIL WITH COUS COUS



	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	155kcal	0.6g	9.0g	1.6g	0.3g
R1%	8%	1%	13%	8%	5%

METHOD

1. Place the cous cous in a bowl and pour over 75ml boiling water. Stir the cover the bowl with a plate and set aside for 7-10 minutes.
2. Drain the Sardines, reserving about 2tbs oil.
3. When the cous cous is ready, fluff with a fork and add the chickpeas, tomatoes, oil from the tin, lemon juice and zest and parsley. Stir and season with black pepper.
4. Serve the cous cous topped with the Sardines for a nutritious lunch or light meal.

INGREDIENTS

2 x 120g tins **Princes Sardines in Olive Oil**

75g Cous Cous

120g tinned Chickpeas (about half a drained 400g tin)

handful Cherry Tomatoes, finely diced

2tbs Olive Oil from the tin

Zest and juice of 1 lemon

Few sprigs Flat-Leaf Parsley, chopped

Black Pepper