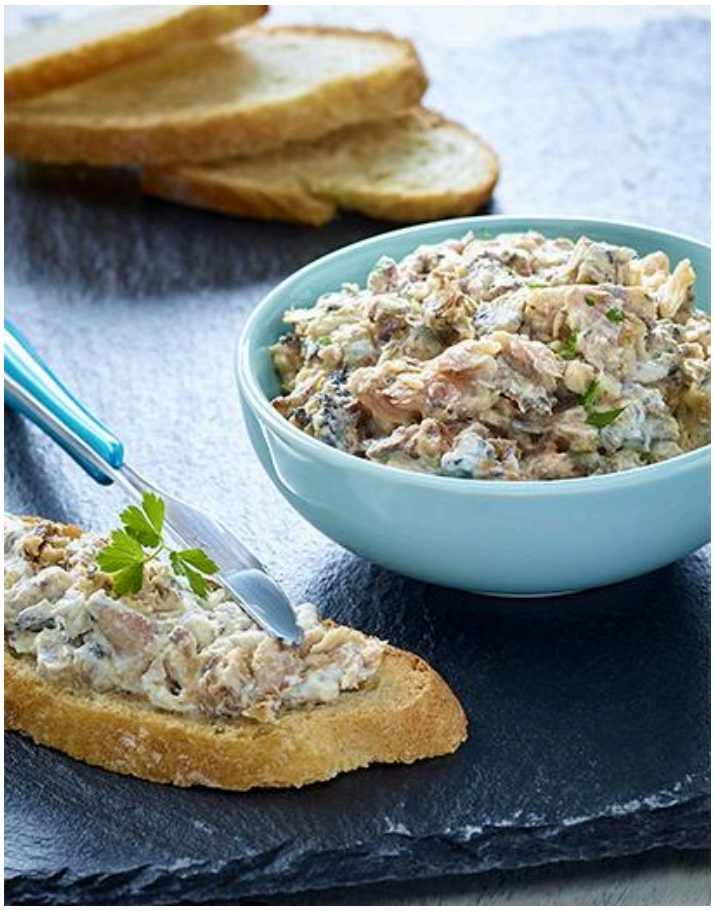
Rillettes of **Sardines marinated in Muscadet**





4 people | 10 min preparation time | None cooking time

All ingredients

1 tin of 115g la belle-iloise Sardines marinated in Muscadet
3 teaspoons of cream cheese
1 teaspoon chopped parsley

Steps

1- Pour half of the Muscadet marinade from the tin of sardines into a bowl
2- Add the cream cheese and mix thoroughly
3- Flake the drained sardines with a fork (without the seasonings), add the chopped parsley
4- Mix everything together, keeping the texture of the fish
5- Spread on toast or a generous slice of bread