

# Rillettes of **Sardines in olive oil**



4 people

10 min preparation time

None cooking time

## All ingredients

**1 tin of 115 g** la belle-iloise St-Georges Sardines in olive oil  
**6 teaspoons** of whipped cream cheese (60 g)  
**2 teaspoons** of water  
**1 teaspoon** chopped parsley  
**1/2 baguette** cut into slices

## Steps

- 1- In a bowl, mix the water, cream cheese and parsley
- 2- Flake the drained sardines with a fork
- 3- Mix everything together, keeping the texture of the fish
- 4- Transfer to a glass and chill
- 5- Serve with slices of bread around the glass