Saint-Georges Sardines on toast





2 people | 5 min preparation time | 10 min cooking time

All ingredients

1 tin of 115g la belle-iloise Saint-Georges Sardines
1 country baguette
3 medium-sized vine tomatoes
1 teaspoon chopped garlic
1 teaspoon chopped parsley

Steps

1- Cut the baguette into slices and lightly brown them in a toaster or in the oven
2- Slice the tomatoes and place them on the pieces of toast
3- Sprinkle with a mixture of parsley and garlic chopped
4- Place a piece of Saint-Georges sardine on top
5- Heat in a hot oven for 10 min