

# Breaded Cornish Sardine with Herby Sauce, Caesar Salad with Tofu Dressing



## <Ingredients (4 serve)>

<For Sardine>

4 fillets Sardine

1 tsp Sea salt

1 tsp Garlic powder

40g Panko (breadcrumbs)

<Herby dressing>

2 tbsp Tahini

1/2 Lemon (juiced)

1 Garlic (grated)

1 Tbsp Fish sauce

1 handful Coriander (chopped finely)

2 stalks Spring onion (chopped finely)

1 pinch Sugar

<Tofu dressing>

1/2 Silken tofu

1/2 Lemon (juiced)

1 tsp Sea salt

1 Tbsp Mayonnaise

1 Tbsp Yogurt (no sugar)

1 tsp Dijon mustard

10g Parmesan (finely grated)

1 Garlic (grated)

4 Tbsp Extra virgin olive oil

<Method>

### 1. Grill the sardine

Preheat the oven on 230 C. Sprinkle the sea salt and garlic powder over the sardines and put on the Panko and pat gently.



Place the sardine on a parchment on an oven tray and grill for 20 minutes. Heat up to 250 C and grill for more 10 minutes until the Panko turns into golden colour.

### 2. Meanwhile make the dressing

Put all ingredients of Herby dressing in a bowl and mix well.

### 3. Make a Tofu dressing

Whisk the tofu in a food processor or mash in a crusher until all are smooth paste.

Add lemon juice, sea salt, Mayonnaise, yogurt, dijon mustard, Parmesan and garlic in the Tofu paste and whisk well.

Gradually stir in Extra virgin olive oil.

### 4. Serve

Transfer the sardine fillets onto a plate and serve with the Herby dressing.

Make a Caesar salad and serve alongside Tofu dressing.

