

# SPICY SARDINE AND PARMESAN FRITTERS



Time  
20min



Servings  
4

Calcium Recommended Daily Intake  
18.50%

Calories

**379**

Calcium

**185mg**

Protein

**21g**

Vitamin D

**3.29 IU**

## Ingredients

- 2 tins of sardines (ca. 125 g tin)
- 2 eggs
- 2 cloves of garlic, finely chopped
- 1 handful of parsley
- 150 g. breadcrumbs
- 2 Tbsp grated parmesan cheese
- 2 Tbsp Sriracha sauce (or other spicy sauce for e.g. sambal oelek or piri piri)
- 2 Tbsp fresh lime juice
- 2 Tbsp soy sauce
- 15 ml Vegetable oil
- Squeeze of fresh lemon juice
- Lettuce leaves

## Instructions

### Fritters

1. In a large bowl, combine the sardines, eggs, garlic, parsley, breadcrumbs and Parmesan cheese.
2. Pat the mixture into small balls (ca. 1 inch in diameter) and set aside.

### Sauce

3. In a small bowl blend together the Sriracha sauce, soy sauce, and fresh lime juice.
4. Heat about an inch of vegetable oil in a large skillet - until sizzling hot. Fry the sardine balls in the oil for 3-4 minutes until golden brown, turning occasionally with tongs.
5. Place the fritters on a platter with a paper towel underneath to absorb the excess oil.
6. Wash and dry the lettuce leaves and place on a serving dish. Place the fritters on top, drizzling with the Sriracha-soy sauce and a squeeze of fresh lemon juice.