



## Spanish Sardines Spread Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>10</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 2 pcs egg, hard-boiled
- 6 Tbsp margarine, softened
- - salt, to taste
- 8 pcs spanish sardines, well drained and flaked
- 1 tsp lemon juice
- 1 can DEL MONTE Crushed Pineapple (227g), drained

### Preparation:

1. Dice egg whites of hard boiled eggs (use egg yolks for other recipes). Set aside.
2. Mix margarine and salt. Add egg whites and the rest of the ingredients. Mix well. Cover and chill.
3. Serve as sandwich spread or as toppings for crackers.

### Chef's Tip

Cream the margarine well using a wooden spoon. Creaming is the process of beating the margarine until light, smooth, creamy and uniform in texture. This helps the spread to become lighter and the flavors become well distributed.

### Lusog Notes

This spread is high in vitamin B1 hat helps convert carbohydrates to energy and for the nervous system to function properly.

### Cooking Skills Needed

- Mixing
- Dicing

### Cooking Tools

- Can Opener
- Chopping Board