

# 7 LOW-CARB SARDINES RECIPE FOR YOUR NEW YEAR'S RESOLUTION DIET

## SARDINE STUFFED BELL PEPPER

### Ingredients:

- 155 grams of Mega Sardines in Natural Oil
- 2 minced onions
- 5 minced garlic cloves
- 3 medium-sized cubed potatoes
- 2 cups of thinly sliced cabbage
- 198 grams of Mega Prime Whole Mushrooms
- 1 cup of milk
- 1 cup of grated Parmesan cheese
- 1 tsp of salt
- 1 tsp of pepper
- 1 ½ tablespoons of butter

PREP TIME: 30 minutes



## SARDINE PATTIES WITH DIPPING SAUCE

### Ingredients:

- 225 grams of Mega Creations Spanish Sardines in Olive Oil
- 3 minced garlic cloves
- 1 minced onion
- 1 tsp of ground cumin
- 1 tsp of paprika
- 1 ½ cup of panko bread crumbs
- 1 tsp of salt
- 1 tsp of pepper
- 2 diced and peeled potatoes
- 1 ½ cup of minced carrots
- 1 ½ cup of bell peppers
- 1 egg
- 2 cups of oil
- 2 cups of mayonnaise
- 1/8 cup of sweet chili sauce
- 1/8 cup of ketchup
- 3 cups of water

PREP TIME: 1 hr 30 minutes

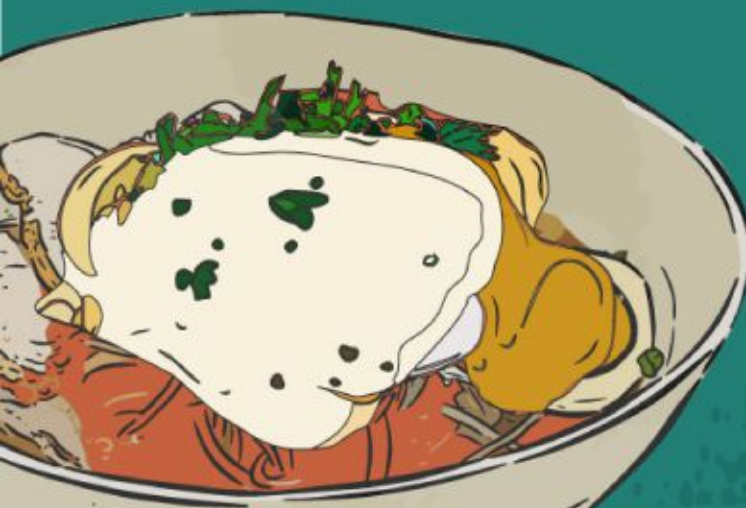


## EGGS & SARDINES

PREP TIME: 5 minutes

### Ingredients:

- 225 grams of Mega Creations Spanish Sardines in Olive Oil
- 4 minced cloves of garlic
- 2 chopped tomatoes
- 3 large eggs
- 3 ½ cups of spinach
- 2 chopped onions
- 2 chopped bell peppers
- paprika
- Salt and pepper, to taste



## WARM CAULIFLOWER & SARDINE SALAD

PREP TIME: 25 minutes



### Ingredients:

- 155 grams of Mega Sardines in Spanish Style
- 2 cups of cauliflower florets
- 2 cups of chopped and peeled potatoes
- ½ pound of lettuce leaves
- 2 cups of sliced and peeled carrots
- 1 thinly sliced bell pepper
- 1 cup of green beans
- 2 sliced tomatoes
- 1 sliced onion
- 2 eggs
- 3 tablespoons of olive oil
- 1 tablespoon of calamansi juice
- 1 tablespoon of mayonnaise
- 6 cups of water
- 3 tsp of salt
- 1 tsp of pepper
- 1 tablespoon of cooking oil

## THAI SARDINE SOUP

PREP TIME: 30 minutes

### Ingredients:

- 155 grams of Mega Sardines in Tomato Sauce with Chili
- 3 chopped garlic cloves
- 3 chopped red chilies
- ½ pound of peeled shrimps
- 2 tablespoons of oil
- 2 tablespoons of lemongrass paste
- 1 tablespoon of curry
- 1 tsp of salt
- 1 tsp of sugar
- 1 tsp of pepper
- 1 cup of coconut milk
- 1 tablespoon of smashed ginger
- 5 cups of water



## Sardine and Vegetable Bake

### Ingredients:

- 155 grams of Mega Sardines in Natural Oil
- 2 minced onions
- 5 minced garlic cloves
- 3 medium-sized cubed potatoes
- 2 cups of thinly sliced cabbage
- 198 grams of Mega Prime Whole Mushrooms
- 1 cup of milk
- 1 cup of grated Parmesan cheese
- 1 tsp of salt
- 1 tsp of pepper
- 1 ½ tablespoons of butter

PREP TIME: 45 minutes



## FISHERMEN STEW

PREP TIME: 30 minutes

### Ingredients:

- 225 grams of Mega Creations Spanish Sardines in Olive Oil
- 1 shrimp flavored bouillon cube
- 3 tablespoons of diced onion
- 2 tablespoons of diced garlic
- 2 cups of crushed tomatoes
- ½ pound of peeled shrimps
- Salt and pepper, to taste
- 2 chopped tomatoes
- 1 sliced chili pepper
- 3 tablespoons of oil
- ½ pound of clams
- 8 cups of water



### REFERENCES:

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