



**50
WAYS**



**EAT A
SARDINE**

WHAT DO YOU DO WITH A CAN OF SARDINES?

Wild Planet proudly presents 50 delicious and unique ways to enjoy these sustainable little fish — each recipe packing flavor as well as abundant nutrition in each savory bite. Whether you are a long-time sardine aficionado or just beginning to appreciate the flavor, versatility and nutrition of Wild Planet sardines, these recipes are quick, easy and flexible enough to enjoy any time!

A few kitchen notes:

- Unless otherwise noted, the recipes call for one full can of sardines and yield one or two servings.
- These recipes are written without measurements—just use your judgement! Adding an extra handful of spinach or skipping the garlic, for example, won't affect the outcome dramatically.
- For recipes that include pasta, any shape you like will work - they are interchangeable.

We'd love to see what you cook!

Post a pic or drop us a line --
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DID YOU KNOW SARDINES ARE:

HEALTHY!

A true nutritional powerhouse, sardines are an important source of Omega 3, protein, iron, calcium, phosphorus, and potassium.

VERSATILE!

Hot or cold, sardines are an easy addition to salads, sandwiches, pasta dishes, and so much more!

DELICIOUS!

Meaty, tender, and full of flavor, these are not your grandfather's sardines. Give our recipes a try and find some new ways to enjoy these fantastic little fish.



50 WAYS TO EAT A SARDINE

WITH PASTA!

1. Sauté onion, garlic, chopped tomatoes, and hot pepper flakes in a little extra virgin olive oil. Add **sardines packed in EVOO**, warm through, and serve over pasta.

2. Sauté raisins, pine nuts, chopped sun dried tomatoes, chopped garlic, and sliced onions in EVOO until soft. Add spinach and cook until wilted. Add **sardines packed in EVOO**, gently breaking them up in the pan. Warm through, and serve over pasta.

3. Toss hot pasta with **sardines packed in EVOO with lemon**, capers, lemon zest, breadcrumbs, and chopped parsley.



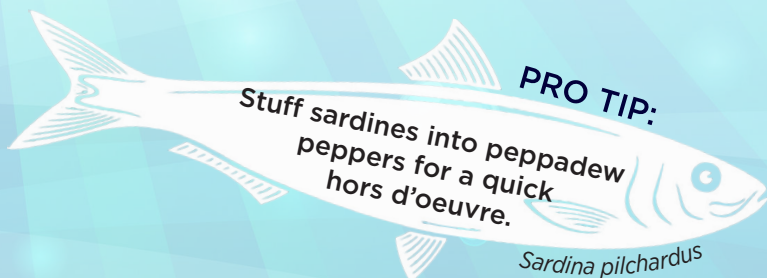
MAKE A SANDWICH!

4. Cream cheese, **sardines packed in water**, and thinly sliced red onion on pumpernickel bread.

PRO TIP:

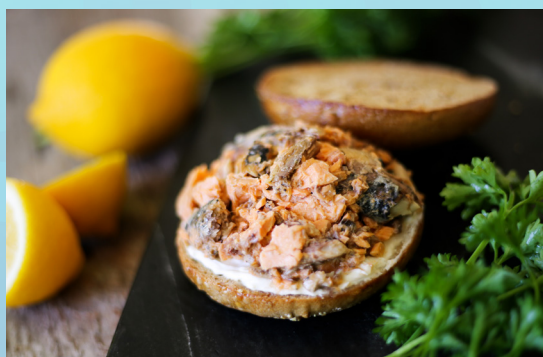
Add a mashed sardine to salad dressing in lieu of salt!

50 WAYS TO EAT A SARDINE



BON APPETIT!

5. In a saucepan, heat chopped garlic in EVOO. Stir in a can of crushed tomatoes, chopped kalamata olives, capers, red pepper flakes, and **sardines packed in marinara sauce**. Heat, stirring occasionally. Serve over hot pasta.



6. Mash **sardines packed in water** with a can of Wild Planet sockeye salmon. Spread on a toasted New York bagel schmeared with cream cheese. Top with a squeeze of lemon.

7. Roast whole baby bella mushrooms for ten minutes. Mix sautéed garlic, toasted bread crumbs, chopped parsley, a few chopped artichoke hearts, a spoonful of mayo, chopped baby spinach, shredded parmesan, and mashed **sardines packed in water**. Stuff mix into mushrooms, top with more cheese and broil until brown on top.

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FANCY FISH!

8. Mash **sardines packed in water** on a cutting board. Add a dollop of mustard, dried tarragon, a tablespoon of softened butter, and chopped parsley. Mix together and serve with crackers or toasted bread points for Canapes Aux Sardines.

9. Mix **sardines packed in EVOO**, chopped olives, chopped parsley, crumbled feta cheese, and bread crumbs. Stuff into halved mini sweet peppers and roast until browned.

10. Let unsalted butter sit at room temperature until soft. (Do not microwave to speed up the process! It will not work!) Drain **sardines packed in water**, mash, and mix into butter. Add fresh thyme to taste. Place onto a piece of plastic wrap, roll into a cylinder and chill or freeze for later, or serve immediately for a flavorful compound butter.

SARDINE TACO NIGHT!

11. In a corn tortilla or hardshell taco, layer Sriracha mayo, guacamole, **sardines packed in water**, fresh radish slices, chopped purple cabbage, queso fresco, chopped cilantro and a squeeze of lime.



50 WAYS TO EAT A SARDINE

12. Mash two hard boiled eggs, spread on a toasted bagel and top with sliced fresh tomato, **sardines packed in water** and some cracked pepper.

13. Top sliced tomatoes with **sardines packed in EVOO** (split lengthwise) and a mixture of chopped green and kalamata olives, chopped capers, and chopped parsley for a mediterranean-inspired appetizer.

PRO TIP:

Add sardines to your favorite Spinach and Artichoke Dip for a secret iron, protein, and calcium boost!

OUR SALES TEAM'S FAVORITE!

14. **Sardines packed in EVOO** straight out of the can, paired with a cold, crisp Pilsner beer!

50 WAYS TO EAT A SARDINE

15. S.L.A.T.
Sandwich: Top toasted, thinly sliced bread with **Sardines packed in EVOO**, Lettuce, Avocado, and Tomato! (Mayo optional)



PRO TIP

Add some spice by swapping out the regular mayo for spicy mayo or dijonnaise.

16. Spread a piece of flatbread or lavash with your favorite mustard. Add **sardines packed in EVOO**, arugula, and ground pepper for a fast, high protein snack!

17. Mix Sriracha or another hot sauce with mayo. Spread on water crackers and top with **sardines packed in EVOO**.

18. Make a great spread for any occasion by mixing **sardines packed in water**, capers, chopped red onion, chopped parsley, and softened cream cheese.

19. In a pan, saute **sardines packed in EVOO**, the oil from the can, and two cloves of pressed garlic. Remove from pan and fry a spoonful of capers until crispy. Toss the sardines and capers with hot pasta, chopped parsley, toasted breadcrumbs, and parmesan cheese.

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QUICK HUMMUS!

20. Drop two cloves of garlic into a food processor or blender and pulse until chopped. Add a can of undrained chickpeas, a tablespoon of tahini, two **sardines packed in EVOO**, salt and pepper. Blend until smooth, adding EVOO to thin. Top with pine nuts, and a drizzle of EVOO. Serve with warm pita toasts.

21. Toast sourdough or tuscan bread, spread with garlic aioli and top with **sardines packed in EVOO**.

22. Dredge **sardines packed in water** lightly in flour. Pan-cook in a bit of hot oil until golden. Serve over rice with sautéed spinach on the side.

23. Spread hearty crackers with mashed avocado. Top with **sardines packed in EVOO**, a slice of jalapeño, and a squeeze of fresh lemon or lime juice.

24. Spear large pieces of **sardines packed in EVOO** on a toothpick with marinated artichoke hearts and cherry tomato halves for a three-ingredient appetizer.

25. Tea sandwiches! Serve **sardines packed in water** with grainy mustard and watercress on thin bread with crusts removed.

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SARDINE SUSHI!



26. The Eureka Roll:

Place a half piece of nori on a sushi mat, shiny side down, and add a layer of seasoned sushi rice. Layer thin strips of **sardines packed in water**, avocado, and cucumber sticks. Squeeze a lemon over and roll! Cut into 6-8 pieces and top with a drizzle of spicy mayo, black sesame seeds, and chopped cilantro.

27. The Wildly Good Roll:

Place a full piece of nori on a sushi mat, shiny side up, and add a thick layer of seasoned sushi rice. Flip the nori over, and layer **sardines packed in water**, chunks of Wild Planet sockeye salmon, cream cheese sticks, cucumber sticks, and roll! Top with thinly sliced avocado, and cut into 6-8 pieces.

Drizzle with teriyaki sauce (optional).



28. The Carvalho Roll:

Place a half piece of nori on a sushi mat, shiny side down, and add a thick layer of seasoned sushi rice. In a bowl, mash **sardines packed in water** and mix with spicy mayo and panko breadcrumbs.

Layer the mixture on top of the rice, add thinly sliced jalapeño, cucumber sticks, cilantro leaves, and roll! Cut into 6-8 pieces, and drizzle with more spicy mayo and panko breadcrumbs.



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29. Build the perfect summer roll using **sardines packed in water**, Wild Planet pink shrimp, cooked clear noodles, and fresh cut veggies like cucumber, radish, avocado, and jalapeño pepper. Stack them on a softened rice paper and roll!

30. Heat bottled or home made sesame glaze in a pan. Add **sardines packed in water** and gently toss until warm and coated in glaze. Serve over brown rice, sprinkle with sesame seeds and chopped green onion.

31. Take a small amount of sushi rice and squeeze it together until it forms into a firm log-sized rectangle. Rub a small amount of wasabi on the rice. Top with a piece of thinly sliced avocado, and a small piece of **skinless and boneless sardines packed in water**. Finish by wrapping with a thin strip of nori and add a dollop of spicy mayo, and black sesame seeds.

32. Try SAR-ashi, our version of Chirashi! Arrange large pieces of **sardines packed in water**, Wild Planet sockeye salmon, albacore tuna, yellowtail, mackerel, and pink shrimp in a bowl of seasoned sushi rice. Display with lemon wedges, seaweed salad, and sliced cucumber. Drizzle with spicy mayo, soy sauce, and a sprinkle of sesame seeds for a stunning Wild Planet meal!



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PESTO PRESTO!

33. In a food processor, combine a handful of fresh basil, toasted pine nuts, EVOO, cracked pepper, 1/2 cup of shredded parmesan cheese, and two **sardines packed in EVOO**. Blend until smooth for a savory pesto!

34. For the perfect spread, chop **sardines packed in marinara sauce**, and mix with capers, pepper flakes, parsley, chopped kalamata olives. Serve alongside toasted slices of baguette rubbed with garlic.

A WILD PLANET FAVORITE!

35. Spread a whole wheat wrap with hummus. Top with tabouli and Greek salad (chopped romaine lettuce, tomato, red onion, feta cheese, cucumber, red wine vinegar and EVOO). Layer **sardines packed in EVOO** on top and roll for a filling wrap!

36. Heat oil for frying, dredge **sardines packed in EVOO** in flour, beaten egg, and breadcrumbs. Fry until crispy. Serve with garlic aioli for dipping.

PRO TIP:

Step up your sushi game by swapping the breadcrumbs with tempura flakes and adding into your Eureka, Wildly Good, or Carvalho roll!

50 WAYS TO EAT A SARDINE

37. A super sandwich: **skinless and boneless sardines packed in EVOO**, sliced hard boiled eggs, onion, and tomato, stacked up on freshly toasted rye bread with mayo, or toasted pumpernickel rubbed with garlic.

38. Toss fresh arugula with olive oil and set aside. Spread a thin crust pizza dough or flatbread with a thin layer of tomato sauce. Top with **skinless and boneless sardines packed in EVOO**, and halved green olives. Broil until heated through, about 5-7 minutes. Top pizza with arugula and sprinkle with fresh shaved parmesan cheese and cracked pepper.



39. In a bowl, combine 1/4 cup rough chopped parsley, the grated zest of one lemon and minced garlic to taste. Toast baguette slices and top with **sardines packed in EVOO** and parsley mix (Parsley Gremolata).

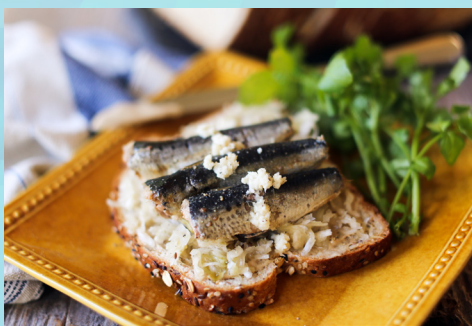
40. Create a gorgeous antipasto by arranging a jar of Wild Planet albacore tuna fillets, **sardines packed in EVOO or marinara sauce**, pitted kalamata olives, artichoke hearts, marinated mushrooms, roasted red peppers, grilled eggplant, grilled zucchini, thinly sliced fennel bulb, fresh mozzarella, cherry tomatoes, basil leaves, drained capers and small dishes of EVOO and balsamic vinegar on a platter. Serve with breadsticks.

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41. Cook spaghetti according to box directions, save 1/2 cup of the pasta water. In a pan, warm some EVOO and sauté chopped garlic, halved cherry or grape tomatoes, spinach, and **sardines packed in EVOO**. Toss with cooked spaghetti and add reserved pasta water to thin, if necessary. Add red pepper flakes and 1/4 cup of grated parmesan to taste.

OUR FOUNDER'S FAVORITE!

42. Spread a slice of sprouted bread with mustard and layer **sardines packed in EVOO**. Top with sauerkraut and horseradish!

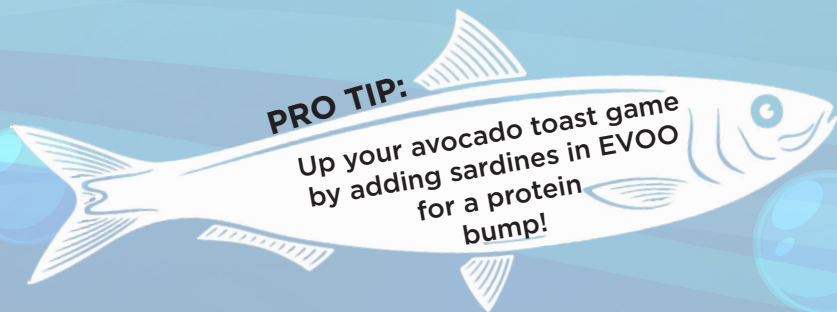


43. A great appetizer: mash together **sardines packed in EVOO**, mayo, chopped parsley, capers, lemon zest, lemon juice, salt and pepper. Serve with toasted baguette.

44. Heat up **sardines packed in marinara sauce** in a pan or in the microwave. Serve over rice or quinoa with a fried egg on top.

PRO TIP:

Up your avocado toast game by adding sardines in EVOO for a protein bump!



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45. Slice red or white onion, soak in water ten minutes and drain. Add splash of white vinegar, drizzle of EVOO and pinch of sugar. Layer **sardines packed in EVOO** on crusty bread, mash lightly with a fork, top with marinated onions and fresh pepper.

46. Generously spread salted butter on a toasted baguette slice. Top with **sardines packed in water** and flaky sea salt.



47. Hard boil six eggs and cut in half lengthwise. Scoop out the yolks and mash in a bowl with a dollop of mayo, two **sardines packed in EVOO**, and some cracked pepper. Spoon back into egg white halves. Top with minced parsley and cayenne pepper.

48. Place **sardines packed in EVOO** on top of toasted bread brushed with EVOO. Sprinkle with sea salt and coarse cracked black pepper.

PRO TIP:

Stuff sardines into large green olives for a fast and flavorful appetizer!

49. The quick Caesar:
In a bowl or glass jar, combine 1/2 cup EVOO, grated parmesan cheese, Worcestershire sauce, a teaspoon of chopped garlic and one mashed **sardine packed in EVOO**. Stir or shake and pour over crisp romaine lettuce. Sprinkle with shredded parmesan cheese.

AND FINALLY...

OUR SIGNATURE COCKTAIL!

50. Wild Planet Original Sartini: Stuff large green olives with **sardines packed in water**. Combine gin or vodka, a bit of water from the sardine can and ice in a martini shaker or pitcher. Shake or stir and strain into a martini glass. Garnish with sardine stuffed olives and serve!

