

STARTER & SNACK

Broiled Sardines with Mustard-Shallot Crumbs

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.25	792 kcal

Broiled Sardines with Mustard-Shallot Crumbs is a hor d'oeuvre that serves 6. Watching your figure? This lacto ovo vegetarian recipe has 792 calories, 2g of protein, and 86g of fat per serving. For \$1.25 per serving, this recipe covers 8% of your daily requirements of vitamins and minerals.

Ingredients

☐ ¼ teaspoon crushed red pepper	☐ 1/3 cup fine dry bread crumbs
☐ ½ cup heavy cream	☐ 16 ounce large sardines in olive oil-drained, halved lengthwise and boned canned
☐ 2 tablespoons chopped parsley	☐ 6 servings Salt
☐ 1 small shallot, thinly sliced, slices separated into rings	☐ 1½ tablespoons unsalted butter, softened
☐ 2½ tablespoons whole-grain mustard	

EQUIPMENT Bowl, Whisk, Baking pan, Broiler

Method

- 1

Preheat the broiler. In a medium bowl, combine the bread crumbs with 1 1/2 tablespoons of the mustard, the parsley, butter, shallot and crushed red pepper. Season lightly with salt.

- 2 In a medium, shallow baking dish, whisk the heavy cream with the remaining 1 tablespoon of mustard.
- 3 Arrange the sardines in the baking dish, skin side down. Scatter the bread-crumb mixture on top. Broil the sardines 6 inches from the heat for 1 minute and 30 seconds, or until heated through and golden brown.
- 4 Serve at once.
- 5 Wine Recommendation: A tart, palate-cleansing Italian white will check the assertive flavors here. Consider the 2002 Kris Pinot Grigio or the 2002 Anselmi Capitel Foscario.

Nutrition per serving

792	2 g	86 g	6 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			16.9 g · 106% of daily needs
Fibre			0.8 g · 3% of daily needs
Sugar			1.4 g · 2% of daily needs
Sodium			316 mg · 14% of daily needs
Cholesterol			29.9 mg · 10% of daily needs
Vitamin C			2.3 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/broiled-sardines-with-mustard-shallot-crumbs-148410