Tarte fine with sardines (serves 6)

Ingredients:

- 1 sheet frozen puff pastry
- ¼ cup basil pesto or sundried tomato pesto
- 1 tablespoon chopped olives
- 1 large tomato, thinly sliced
- 1 tin of tinned sardines in oil (drained) or in tomato sauce
- Olive oil and lemon zest.

Method:

1. Preheat oven to 200°C. Cut the sheet of puff pastry into 6.
2. Place the pastry on a baking try lined with baking paper. Spread the pastry with pesto (leaving a 1 cm edge) and spread the tomato slices and olives over the top.
3. Arrange sardines on the top of each tart, drizzle with olive oil and lemon zest. Bake in oven for 8 mins. Serve with salad.

*Try using wholemeal bread (toasted) or pita bread instead of puff pastry.