

James Martin's Sardines on Pastry

Serves 4

Preparation time: approx 10-15 mins

Ingredients:

3 x 100g John West Grilled Sardines
(Natural - with no added brine)

1 x 250g readymade short crust pastry

200g tomato chutney

4 slices of Parma ham



Method:

- 1 Pre-heat the oven 200C/400F/Gas 6.
- 2 Lay the pastry on a clean surface and cut out 4 circles using a large saucer. Arrange on a baking tray & bake until golden brown, then remove from the oven.
- 3 Spread the tomato chutney over the pastry then place two John West sardines on top of the chutney then lay the sliced Parma ham on top.
- 4 Place on to a baking tray and put into the oven for about 5 minutes and allow the ham to crisp up.
- 5 Remove from the oven cut in half and serve immediately.

Tip: Best eaten immediately, but if making for a lunch box, can be made the night before. Keep chilled overnight and transport carefully! Delicious served with side salad.