

Onions and Sardines Pizza Topping (Egg-Free, Gluten-Free, Nut-Free, Soy-Free)

This recipe was created by chef Dick Mieli and published in the January 2008 issue of Foods Matter. Use it to top your favorite pizza crust (wheat-based or gluten-free) or give this whole wheat crust a try.

ONIONS AND SARDINES

Wheat, gluten, corn, soya, dairy, nightshade & nut free

We have allowed for a thick layer of onions under the sardines; if you are less of an onion freak, reduce to three large onions. 3 tbs olive oil

4 large or 8 medium onions, peeled and sliced thinly

6 sardines tinned in olive oil (1 1/2 x 4oz tins)

juice 1 small lemon

sea salt and freshly ground black pepper

Heat the oil in a wide pan and add the onions. Cook gently for 5 minutes uncovered then cover the pan and sweat for 25-30 minutes or until the onions are quite soft and slightly caramelised.

To cook spread the onions over the pizza base. Drain the sardines and mash them roughly with a fork, then spread them over the onions. Squeeze over the lemon juice and grate over some salt and lots of black pepper.

Bake for 15 minutes in a hot oven. SERVES 6 - PER PORTION

163cals - 9g protein

11g total fat - 1.7g sat / 1g mono / 0.3g poly

13g carbohydrate of which 5.3g sugar

1.8g fibre - 139mg sodium / 0.33g salt

183mg calcium

GOOD SOURCE OF: Vitamin B6, B12 & calcium