

GROIX & NATURE

Recipe #9



Lobster oil Sardine crumble

Easy starter • Preparation time: 20min.

Ingredients for 4 people:

4 cans of Groix and Nature lobster oil sardines - 1 zucchini - 1 eggplant
2 garlic cloves - Cherry tomatoes - 30g of butter - 30g of flour
Hazel powder - Thyme - Olive oil.

- 1 • For the crumble: mix the butter with the flour, the hazel powder and the minced thyme in order to obtain a sandy mixture.
- 2 • Put your crumble in the oven at 180°C (Thermostat 6) until golden brown.
- 3 • Cut the eggplant and the zucchini in half, remove the seeds and dice in very small cubes. Candy the vegetables in olive oil over a low flame with the thyme and minced garlic cloves.
- 4 • Put the Lobster oil aside in a small dish to decorate your sardine crumble.
- 5 • Wash the cans and place the vegetable marinade and the sardines inside. Then add the crumble on top.

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Refined traditional products canned on the Island of Groix of the coast of southern Brittany

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