

# fisherman's eggs

**MAKES 1-2 servings**

RECIPE ADATED FROM: [Garlic Matters](#)

COOK TIME: 25 minutes

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1 can of sardines, drained and  
lightly mashed with a fork

1 medium onions, chopped

2 garlic cloves, chopped

1 tbsp olive oil

2 eggs

1 medium tomato, chopped

1 lime (will need zest and juice)

Baby greens (any kind will do)

Hot sauce (optional)

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PREHEAT oven to 350°F.

HEAT an oven safe pan over medium low.

ADD olive oil and onions and sauté until soft  
(about 7 minutes).

ADD chopped garlic and cook another minute.

MIX in sardines, tomatoes, zest of about ½ the  
lime, and gently crack the 2 eggs on top.

PLACE it in the oven for 15 minutes or until egg  
whites are set.

PLACE greens on plate or bowl and spoon warm  
dish over the greens, add a squeeze of lime juice  
over top and hot sauce if preferred.

