



SARDINES WITH TOMATO SAUCE OMELETTE

Serves 2

INGREDIENTS

1/2 can Ayam Brand Sardines in Tomato Sauce 215g

5 eggs

1/2 cup tomato, chopped

1/2 cup green pepper, chopped

1/2 cup onion, chopped

1 tbsp oil

SEASONINGS

dash salt

pinch pepper



PREPARATION

Dice the sardines. Then beat eggs in bowl and set aside.

COOKING

Heat 1 tbsp oil in a frying pan,

Sauté the chopped onions, until the onion is fragrant

Then add in the pan the green peppers and tomatoes and reserve.

Heat oil in the pan again and pour in the egg mixture,

When it is half done, add in the filling and make a big omelette.

Fold it and make it tight.

PRESENTATION

Omelette can be put on plate serve for breakfast or accompanied by a side salad or chips or jacket potato, for a substantial lunch or a light evening meal.