Sardine and Cucumber Lemon Crispbreads

8 topped crispbreads; 4 per lunch serving · Active 15 min · Total 15 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- Oil-packed Atlantic sardines with soft edible bones, well drained (160 g/about 5 2/3 oz)
- 1/3 cup plain nonfat Greek yogurt (80 g)
- 1 tablespoon lemon juice (15 ml/about 15 g)
- 1 tablespoon finely chopped fresh dill (5 g)
- 1/8 teaspoon black pepper (0.3 g)
- 1/2 large cucumber, thinly sliced (200 g, skin on)
- 8 small rye crispbreads (60 g total; use package weight to divide equally)

Set out

Kitchen scale, Can opener if needed, Sieve, Fork and mixing bowl, Knife and board, Clean towel, 2 plates or separate lunch containers, Refrigerator

Allergens

Fish, Milk, Rye (gluten); crispbreads may also contain wheat or sesame—check labels. Check labels and substitutions.

Make it

1. Drain the sardines in a sieve, without pressing them dry. Weigh 160 g edible fish. Flake with a fork, mashing soft bones if desired and removing any firm fragments.

2. Mix yogurt, lemon, chopped dill and pepper, then fold in the sardines. Wash, slice and pat the cucumber dry.

3. Divide the crispbreads by weight between 2 people. Just before eating, top each with cucumber and one eighth of the fish mixture, adjusting the number of pieces if your brand differs. Eat promptly while crisp.

A useful kitchen skill

Compare the drained edible weight with the unopened can weight, and keep crisp bread physically separate from wet toppings until eating.

A useful detail

The 15-minute method uses ready-cooked canned fish. The estimate is for oil-packed drained sardines with bones and 30 g crispbread per serving; water-packed fish or a different cracker changes it.

Keep it well

Refrigerate the mixed fish and cucumber separately at 40°F/4°C or below and eat within 1 day or the shorter yogurt deadline. Keep crispbreads sealed and dry until eating. Transport perishables with two cold sources in an insulated bag; refrigerate on arrival. Do not leave them unrefrigerated beyond 2 hours, or 1 hour above 90°F/32°C.