

SARDINES IN THE OVEN WITH TOMATO SAUCE

By



Chef Chris



PREPARATION TIME



COOKING TIME



SERVES



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INGREDIENTS

- 1.5kg fresh sardines
- 150ml olive oil
- 4 large onions, sliced
- 6 garlic cloves, thinly sliced
- 120g parsley, chopped
- 2 tbsp tomato paste
- 3 thin lemon slices, rind removed
- 2 large ripe tomatoes, thinly sliced
- Salt and pepper



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Method:

To prepare the sardines:

1. Place your fresh sardines in a clean sink or dish, adding enough cold water to cover them.
2. Gently rub the fish to remove their scales.
3. One fish at a time, pinch the head of the sardine between your thumb and forefinger and pull it off. The guts should come out with it. *Tip* If you prefer boneless fish, pinch all along the top edge of the sardine and the backbone should pull out easily.
4. Rinse your prepared sardines thoroughly and drain well.



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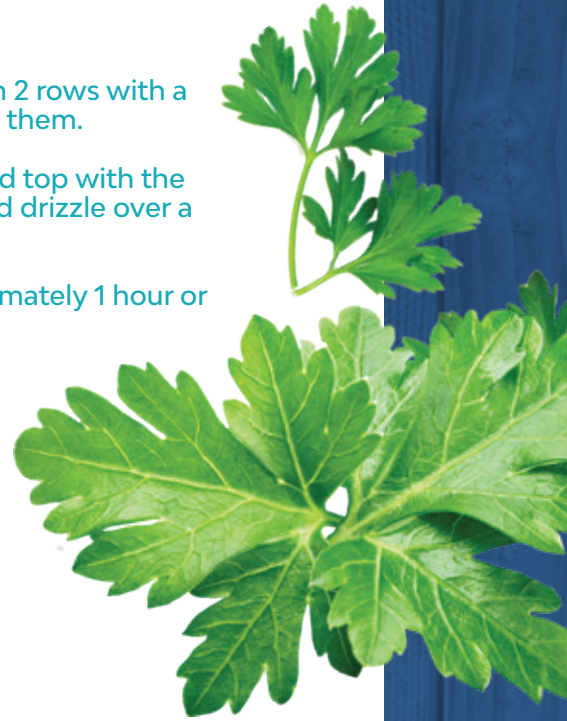
For the sauce:

1. Preheat the oven to 200°C.
2. Heat the olive oil in a pan. When hot, add the onions and garlic and cook for approx. 5 min on a low heat until softened.
3. Remove pan from heat, add the parsley and season to taste with salt and pepper.
4. In a separate, small bowl, dilute the tomato paste with some water and add it to the pan.

Into the oven:

1. Taking an ovenproof dish, place the sardines in 2 rows with a little of the sauce and lemon slices in between them.
2. Pour the remaining sauce over the sardines and top with the tomato slices. Season with salt and pepper and drizzle over a good glug of olive oil.
3. Put your dish in the oven and bake for approximately 1 hour or until the sauce has reduced. Serve and enjoy!

Bon appétit!



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