

SICILIAN-STYLE SARDINES

Italian recipe



Preparation : 10 min - **Resting :** - - **Cooking :** 45 min - **Equipment :** -

Ingredients : 4 people

- ½ onion cut in 2 - ½ garlic clove (remove green shoot) - 800 g skinned tomatoes - 600 g sardine fillets - 4 sprigs thyme - 4 sprigs fresh oregano - 12 capers - 2 tbsp extra-virgin olive oil - 40 g pitted black olives - Salt & pepper

1. Put the onion and garlic in the bowl and run the EXPERT programme for 10 seconds (Speed 13).
2. Push the mixture down with the spatula, add the skinned tomatoes with 1 tbsp water, and run the EXPERT programme for 12 minutes (Speed 2A/120 °C).
3. Fit the steam basket and line the base and tray with baking parchment. Roll up the sardines, securing each one with a toothpick, and arrange on top of the parchment. Scatter with the thyme, oregano and a little freshly-ground black pepper. Run the EXPERT programme for 15 minutes (Speed 2A/100 °C). Check whether the fish is cooked, and steam for a few minutes longer if necessary. Remove the steam basket and keep warm.
4. To blend the tomato sauce, run the EXPERT programme for 30 seconds (Speed 16).
5. Add the capers, olive oil and olives to the sauce and run the EXPERT programme for a further 2 minutes (Speed 1A/100 °C). Transfer the rolled sardines to a serving dish and coat with the sauce. Serve straightaway.

