

Tajine of **Sardines with preserved lemon**



4 people

15 min preparation time

30 min cooking time

All ingredients

2 tins of 115g la belle-iloise sardines with preserved lemon and coriander to be served hot
1 good-sized courgette (200g)
2 small carrots (180g)
1 small onion (100g)
3 small potatoes (300g)
 $\frac{1}{2}$ glass of water
1 clove of garlic
12 pitted green olives
4 pinches salt (2g)
2 pinches pepper (0.5g)
3 pinches ground ginger (0.5g)
2 pinches ground turmeric (0.5g)
2 teaspoons chopped coriander (2g)
2 tablespoons olive oil

Steps

- 1- Fry the sliced carrots and diced onions in the oil
- 2- Add the water and seasoning, then the peeled potatoes cut into quarters, the courgette in thick slices and the olives
- 3- Cook covered for 15 minutes
- 4- Transfer the vegetables into an oven-proof dish
- 5- Tip the sardines on top with their sauce, and drizzle with the juice from the vegetables
- 6- Heat for 15 minutes in the oven at 120 °C
- 7- Sprinkle with the chopped coriander
- 8- Serve hot

