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)
½ 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