Sardines on focaccia





4 people | 20 min preparation time | 15 min cooking time

All ingredients

2 tins of 69g la belle-iloise Saint Georges Sardines in olive oil
1 focaccia bought at a bakery or delicatessen
2 red onions
160 ml water
2 to 3 tablespoons of brown sugar
60 ml cider vinegar

Steps

1- Bake the focaccia at 150°C for 10-15 minutes
2- Make the pickled red onion: peel the onions and slice them into rings. Put the water, vinegar and sugar in a pan and bring to a boil. Add the red onions and cook for about 10 minutes
3- When the focaccia is ready, cut it into small portions. Place a St. Georges sardine and some pickled red onion on each piece