HOT FISH Sardines Tacos





4 people | 20 min preparation time | 2 min cooking time

All ingredients

2 tins of 115g la belle-iloise HOT FISH Sardines
8 tortillas
1 jar of roasted peppers in oil
1 lime
Arugula **leaves** or mesclun
1 tablespoon parsley
1/2 red onion

Steps

1- Brown the tortillas for 2 minutes in a non-stick frying pan or in the oven
2- Wrap them in a clean cloth and set aside in the oven at gas mark 2 (60°C)
3- Drain the peppers and cut into strips
4- Peel and thinly slice the red onion
5- Top each warm tortilla half with mesclun or rocket, 2 fillets of sardines la belle-iloise with a little chilli sauce from the can and a few strips of pepper and onion, and sprinkle with parsley
6- Lemon the tortillas and fold them in half
7- Serve immediately