HOT FISH Sardine Empanadas





4 people | 15 min preparation time | 30 min cooking time

All ingredients

1 tin of 115g of la belle-iloise HOT FISH Sardines
50g fromage frais
1 red onion
1 tablespoon chopped parsley
1 roll shortcrust pastry
1 egg yolk

Steps

1- Peel and chop the onion, then fry for a few minutes in a lightly oiled pan
2- Crumble the sardines and place in a bowl with the sauce, fromage frais, onions and chopped parsley. Mix well and set aside
3- Preheat oven to 180°C
4- Cut 8-10 cm circles out of the shortcrust pastry, then top each circle with a tablespoon of the sardine mixture
5- Moisten the edges of the pastry and seal each circle with your fingertips to form a semi-circle
6- Place the half-circles on a baking tray and brown with the egg yolk
7- Bake for 25 to 30 minutes, until the pastry is golden brown