

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