

Baked **Sardines with tapenade**



2 people

10 min preparation time

15 min cooking time

All ingredients

- 1 tin of 115g** la belle-iloise Sardines with tapenade
- 200g** fleshy tomatoes
- $\frac{1}{2}$ sweet onion
- 1 pinch** of herbs de Provence
- Salt and pepper

Steps

- 1- Preheat the oven to 220 °C (gas mark 7/8)
- 2- Slice the tomatoes and cut the onion into thin strips
- 3- Prepare two 30 cm sheets of aluminium foil or greaseproof paper
- 4- Garnish the middle section of each sheet with the vegetables, herbs and seasoning
- 5- Place 2 sardines on each bed of vegetables and pour a little sauce evenly on top
- 6- Gently fold each sheet to form 2 parcels - papillotes in French - and place in the oven for 15 minutes
- 7- Serve with rice or crushed potatoes