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
½ 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