Onion and **Sardine Tart with two chilli peppers**





6 people | 35 min preparation time | 40-45 min cooking time

All ingredients

3 tins (115g) la belle-iloise sardines with two chilli peppers
600g onions
1 disc puff pastry
2 firm tomatoes
10 black olives
3 pinches couscous spices
3 pinches Herbes de Provence
2 tablespoons of nuoc mam
3 pinches salt
2 tablespoons olive oil
1/3 glass of water

Steps

1- In a frying pan, cook the onions cut into thin slices covered over gentle heat for approx. 25 minutes in the olive oil and the sardine oil, with the salt, herbs, spices and water
2- Line a tart mould or a pizza dish with the dough
3- When onions are well-softened, add the nuoc mam and continue cooking uncovered until all the liquid has evaporated
4- Leave to cool a little and then spread the mixture on the dough
5- Arrange the sardines on top and the olives
6- Cut thin slices of tomato and cover each sardine
7- Bake in a hot oven for 15 minutes to 20 minutes at 220 °C (gas mark 7)