Nantaise Sardines baked in foil





4 people | 15 min preparation time | 20-30 min cooking time

All ingredients

3 tins of 115 g of la belle-iloise Nantaise Sardines
600 g firm-fleshed potatoes such as Charlotte
300 g julienne of vegetables: carrot, courgette, celeriac for example, or leek, turnip, etc.
Salt and pepper

Steps

1- Wash the vegetables and cut them into julienne (thin strips), then toss them with the seasoning in a large bowl
2- Run the tins of sardines under hot water before opening them so that it is easier to take the fish out without breaking them up
3- Cut four 30 cm squares of tin foil
4- Place some of the vegetable mixture, 3 sardines and a little sauce on each square
5- Wrap up the parcels and bake in very hot oven for 20 to 30 minutes