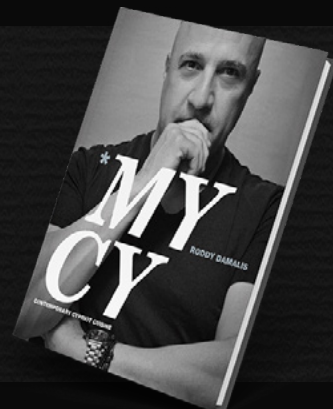




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The Sardine

Red Onion, Green Pepper & Black Olives

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Preparation
60'



Cooking Time
30'



Serves
4

Ingredients

- 1 kg sardines (gutted and scaled)
- 1 cup olive oil
- 1 cup lemon juice
- 2 cups parsley (finely chopped)
- 2 green bell peppers (thinly sliced)
- 2 red onions (thinly sliced)
- ½ cup black olives
- 4 cloves garlic (finely chopped)
- 1 tbsp dried oregano
- 4 bay leaves
- 1 fresh chilli (finely sliced)
- Salt & cracked black pepper

Execution

Combine the olive oil, lemon, parsley, onion, garlic & all the spices in a bowl & mix well. Dredge the sardines one at a time through the mixture, coating well, place in an oven dish in one layer.

Pour the balance of the mixture over & cover well.

Bake at 200 °C for 20'.

Uncover, add the bell peppers & olives & continue baking for 10' until browned.

Notes:

Serves with plain boiled potatoes or village bread. If you have time allow the sardines to marinate in the sauce for a few hours.