

# SARDINES ON TOAST NEAPOLITAN

SERVES 2

## INGREDIENTS

Olive oil

1 red onion, diced

2 garlic cloves, finely chopped

440g good-quality tinned tomatoes

Glass red wine

25ml balsamic vinegar

Bunch flat-leaf parsley, chopped

100g black olives, pitted

6–8 whole sardines, depending on size

2 thick slices granary bread

1 lemon, cut into wedges



- Preheat a hot grill. Put a splash of olive oil into a sauté pan then sweat the red onion and garlic for 2–3 minutes, until soft. Pour in the tomatoes and red wine, and simmer for around 10 minutes. Add the balsamic vinegar, flat-leaf parsley and olives, and simmer for 5 minutes more. Set aside in a warm place.
- While the sauce is cooking, place the sardines onto an oiled and seasoned baking tray. Season the fish and drizzle with olive oil, then grill for 6–8 minutes, until cooked through.
- Toast the granary bread and divide between 2 plates. Pour the sauce over the toasted bread and place the grilled sardines on top. Finish with a sprinkling of flat-leaf parsley and a lemon wedge, and serve while hot.