



## Stewed Sardines

### Ingredients

500 g of fresh sardines 1 package of Peeled Plum Tomatoes Cirio 1 small onion 4 tablespoons extra virgin olive oil ½ cup dry white wine fennel parsley salt chilli

### Preparation

1. Brown the onion and the chopped fennel.
2. Add the sardines, add the wine and continue cooking.
3. Add the chopped tomatoes with a fork, season with salt and pepper and put the cover.
4. Continue cooking over low heat for 6-8 minutes.
5. Serve sprinkle with parsley

