



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

