

Chorizo Sardines

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This Spanish-inspired sardine recipe includes chorizo, red and yellow peppers, fresh sardines, lemon, red onion and balsamic vinegar. It's a delicious combination of flavours that makes for a really special dinner or lunch.

Ingredients:

12 fresh sardines, cleaned, boned and gutted
2 red peppers
1 yellow pepper
1 small red onion
Handful sun-ripened cherry tomatoes
2 tbsp. olive oil
200g chorizo
Juice of one lemon
2 tbsp. balsamic vinegar
Small handful fresh basil leaves
Salt and pepper

Directions:

1. Slice the peppers into thin strips, getting rid of any seeds. Chop the chorizo into rough chunks and thinly slice the red onion.
2. Slice the tomatoes in half and season with salt and pepper. Leave for half an hour, then begin to cook the meal.
3. Fry the chorizo chunks in the oil until they begin to release some of their oils. Add the pepper strips and the red onion, and fry until they begin to soften. Alternatively, you could char the peppers in the oven before tearing them into strips.
4. Add the sardines to the pan and cook for 5 minutes or so on each side, until cooked through.
5. Add the balsamic vinegar and lemon juice to the pan and stir well, then add the cherry tomatoes and their juices and the basil leaves.
6. Season once more then serve straight from the pan.

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