

Tajine of sardines with preserved lemon



4 people

15 min preparation time

30 min cooking time

All ingredients

2 tins 1/6 (115 g) [la belle-iloise sardines with preserved lemon and coriander to be served hot](#)

1 good-sized courgette (200 g)

2 small carrots (180 g)

1 small onion (100 g)

3 small potatoes (300 g)

1/2 glass of water

1 clove of garlic

12 pitted green olives

4 pinches salt (2 g)

2 pinches pepper (0.5 g)

3 pinches ground ginger (0.5 g)

2 pinches ground turmeric (0.5 g)

2 teaspoons chopped coriander (2 g)

2 tablespoons olive oil

Steps

1- Fry the sliced carrots and diced onions in the oil.

2- Add the water and seasoning, then the peeled potatoes cut into quarters, the courgette in thick slices and the olives.

3- Cook covered for 15 minutes.

4- Transfer the vegetables into an oven-proof dish.

5- Tip the sardines on top with their sauce, and drizzle with the juice from the vegetables.

6- Heat for 15 minutes in the oven at 120 °C.

7- Sprinkle with the chopped coriander.

8- Serve hot.

