

Tutankhamen **Sardines**



4 people

15 min preparation time

15-20 min cooking time

All ingredients

2 tins of 230 g la belle-iloise sardines with 2 chillies and a hint of lemon
4 fresh medium-sized courgettes
A few chives

Steps

- 1- Wash the courgettes, cut them in half lengthwise and make incisions on the cut surface with the tip of a knife
- 2- Cook the courgettes in boiling salted water 6 to 10 mins
- 3- Drain, allow to cool and then scoop out the insides taking care not to break though the bottom or the sides
- 4- Preheat the oven to 230 °C (gas mark 8)
- 5- Place an entire sardine in one half of a courgette and cover with the other half
- 6- Tie the reformed courgette together with 2 chives
- 7- Place the courgettes in an oven-proof dish and bake for 15 to 20 min