

# Baked **sardines** with **tapenade** en papillote



2 people

10 min preparation time

15 min cooking time

## All ingredients

**1 tin (115 g)** [sardines with tapenade la belle-iloise](#)

**200 g** fleshy tomatoes

$\frac{1}{2}$  sweet onion

**1 pinch** of herbs de Provence

Salt and pepper

## Steps

- 1- Preheat the oven to 220 °C (gas mark 7/8).
- 2- Slice the tomatoes and cut the onion into thin strips.
- 3- Prepare two 30 cm sheets of aluminium foil or greaseproof paper.
- 4- Garnish the middle section of each sheet with the vegetables, herbs and seasoning.
- 5- Place 2 sardines on each bed of vegetables and pour a little sauce evenly on top.
- 6- Gently fold each sheet to form 2 parcels - papillotes in French - and place in the oven for 15 minutes.
- 7- Serve with rice or crushed potatoes.