

Nantaise Sardines baked in foil



4 people

15 min preparation time

20-30 min cooking time

All ingredients

3 tins of 115 g of la belle-iloise Nantaise Sardines

600 g firm-fleshed potatoes such as Charlotte

300 g julienne of vegetables: carrot, courgette, celeriac for example, or leek, turnip, etc.

Salt and pepper

Steps

- 1- Wash the vegetables and cut them into julienne (thin strips), then toss them with the seasoning in a large bowl
- 2- Run the tins of sardines under hot water before opening them so that it is easier to take the fish out without breaking them up
- 3- Cut four 30 cm squares of tin foil
- 4- Place some of the vegetable mixture, 3 sardines and a little sauce on each square
- 5- Wrap up the parcels and bake in very hot oven for 20 to 30 minutes