

Oriental-style Sardine turnovers



4 people

10 min preparation time

30 min cooking time

All ingredients

2 tins of 115g la belle-iloise Sardines with oriental spices to be served hot
1 small aubergine (approx. 300g)
1 onion (approx. 120g)
1 small courgette (approx. 200g)
2 pinches chopped parsley
3 to 4 sheets brick pastry
1 small teaspoon salt (2.5g)

Steps

- 1- Wash and then cut the aubergine and courgette into 1 cm cubes
- 2- Thinly slice the onion
- 3- Mix the vegetables with the salt in a large bowl
- 4- Spread evenly in an oven-proof dish and bake for 15 minutes at 240 °C (gas mark 8) stirring half way through
- 5- Leave the vegetables to cool
- 6- Coarsely mash the sardines with their sauce
- 7- Mix the sardines, vegetables and parsley (check the seasoning)
- 8- Cut the sheets of brick pastry in half
- 9- Place some of the mixture at the centre of the longer side
- 10- Fold up the shorter sides over the top and roll up the rest of the sheet to form a small rectangle
- 11- Brush the turnovers with olive oil and place them in an oven-proof dish
- 12- Bake 12 minutes at 200 °C (gas mark 6)
- 13- Serve hot with a green salad and a few slices of tomato