Pomì
O Così. O Pomì.

Sardines with onions cooked in tomato reduction sauce

Preparation time: 40 min
Difficulty: Medium

Ingredients

- Garlic: 1 clove
- Lime: 1 wedge
- Olive oil: to taste
- Parsley: to taste
- Pepper: to taste
- Pine nuts: to taste
- Red onion: 1 large
- Salt: to taste
- Sardines: 400 gr
- White wine (or apple vinegar): 100 ml

Preparation

1. Cut the onion finely and place it in the pan with some oil.
2. Add the salt, pepper and ***Pomì chopped tomatoes***, then braise on low heat for 30 minutes.
3. Sauté the sardines which will have been cleaned previously in a pan with the oil and garlic and simmer with the wine or vinegar and a wedge of lime.
4. Add some parsley and pine nuts and remove from the stove.
5. Serve the sardines, add the onion reduction sauce and garnish with pine nuts, parsley and some lime zest.

For this recipe we used:

Finely Chopped tomatoes 150 gr