



# S a r d i n e s i n S p i c y S a u c e s



2 Servings



20 minutes

## Ingredients :

- Canned sardines in olive oil
- Olive oil
- Garlic cloves , minced
- Red chili flakes
- Smoked paprika
- Tomato sauce
- Hot sauce
- Salt
- Black pepper
- Fresh parsley or cilantro
- Lemon juice



## Instructions :

1. Heat olive oil in a pan over medium heat and add the minced garlic . Cook until fragrant but not browned .
2. Stir in red chili flakes and smoked paprika , letting the spices bloom for a few seconds .
3. Add the tomato sauce and a few drops of hot sauce , then season with salt and black pepper .
4. Gently place the sardines into the sauce , spooning the mixture over them to coat evenly .
5. Simmer for 5 to 7 minutes until the sauce thickens and the sardines are heated through .
6. Finish with a squeeze of lemon juice and sprinkle with fresh parsley or cilantro before serving .