



Mooching around the local supermarket looking for inspiration the other day I happened upon two packs of Sardines for a little over £2. £2 for 12 reasonable sized Sardines had to be done really.

Sue found the recipe. But we think it had lost something in the translation so she went a bit free-style! One thing they certainly forgot to mention is that this dish would be considerably better if you filleted the Fish. We both found the little bones a bit annoying.

Ingredients:-

Sardines (Please fillet them or ask your fishmonger)

2 Eggs, beaten

4 Spring Onions, 2 chopped, 2 shredded

2 Cloves of Garlic, minced

1 Tbsp of Shrimp Paste

½ Tsp of Turmeric

2 Tsp of Tomato Puree

2 Red Chillies, sliced

200g of boiled Rice

400ml of Fish Stock

150g of small Prawns

1 Tbsp of Soy Sauce (Gluten free for us)

A handful of Coriander, chopped

2 Tbsp of Oil

Bonito Flakes to garnish

Method:-

- (1) Heat the grill to a high heat.
- (2) Brush the Sardines with a little Oil and grill for 4 minutes on each side.
- (3) Remove and set aside.
- (4) Heat a little Oil in a frying pan and cook the Eggs to a thin Omelette.
- (5) Slide onto a plate to cool.
- (6) Add a little more Oil to the pan and then add the Chopped Spring Onions, Garlic, Shrimp Paste, Turmeric, Tomato Puree and half of the Chillies.
- (7) Stir everything together to form a paste and add the boiled Rice, Prawns and Fish Stock.
- (8) Season with Soy Sauce and stir for 5 minutes.
- (9) Roll the Omelette and cut into strips, adding the the pan.
- (10) Cut the Fish into chunks and the the pan.
- (11) Stir gently for a further minutes.
- (12) Serve garnished with Shredded Spring Onions, the remaining Chillies, Coriander, Bonito Flakes and a dash of Soy Sauce.

Although the preparation took Sue quite some time the flavour combination was really different. Certainly a recipe we'll repeat. Who knows when though?!