Sun bathed Sardines

NIBBLEDISH CONTRIBUTOR

Ingredients

(makes 2 servings)

- 1/2 tbsp Extra vergin olive oil;
- 1 pinch red chili flakes;
- 1 medium spring onion, sliced;
- 1 stalk celery, diced fine;
- 1/4cup white wine;
- 5 cherry tomatoes, halved;
- 1 blood orange, supremed and chopped
- 10 sardines, cleaned and opened "a libro" (flat);
- 1/2cup water;
- 2 sprigs of parsley, chopped;
- salt.

Instructions

In a medium skillet heat up the oil with the chili flakes, take care not to let them burn. Add then the sliced spring onions, the celery and the white wine. Stirring on a high flame, let the wine evaporate almost completely before adding the tomatoes along with the oranges. When the tomatoes will start to wilt, add the water and the sardines on a single layer if possible. Bring back to a simmer, cover, switch off the flame and let poach for 5min or so. Remove them to warm plates and keep them warm while you reduce the sauce. Season the sauce with salt and the chopped parsley and drizzle over the sardines before serving. Eat with rustic bread or some rice.