

Sardine Stew

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Week 3 - Sardine Stew



Recipe
Ingredients

sardines (tinned, fresh or frozen)

shallots, salt

Choice of spinach, sprouts, squash

sun-dried tomato sauce

seed oil

optional: saffron, sage

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CHALLENGE 3

Super scrumptious sardines, sizzled in saffron, sweet peppers, salt and shallots for a sensationally sweet stew!

PS: Don't like sardines?
Swap with sausage



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Suzie's Sizzling Steps

- Step 1** - Sauté sliced shallots in sunflower seed oil in a saucepan
 - Step 2** - Sear sardines in the saucepan with the sauteeing shallots
 - Step 3** (Optional) - Sparingly sprinkle saffron over the sardines
 - Step 4** - Scoop sun-dried tomato sauce, sprouts, and squash slices into the saucepan
 - Step 5** - Sprinkle salt, scatter some spinach, and stir
 - Step 6** - Sizzle the stew on a slight heat setting for seventeen minutes
 - Step 7** - Serve the sardine stew on saucers and serve with a side dish
- Side dish suggestions: spaghetti or sweet potatoes**

Tinned or fresh sardines are fine. See our tips on using fresh sardines.

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Sizzling Tips

If using fresh sardines



Wash sardines



Cut them in pieces



Do Step2: Sear in the saucepan