

Sardine balls tajine

Preparation time: 25 minutes

Cooking time: 40 minutes

Ingredients:

- 500 grams of fresh sardines
- 2 tomatoes
- 1 tablespoon of tomato puree
- ½ teaspoon of cumin
- ½ teaspoon of coriander
- 1 teaspoon of turmeric
- 1 teaspoon of ginger
- 2 teaspoon of sweet paprika
- 4 tablespoons olive oil
- salt
- fresh bouquet of parsley & coriander finely chopped
- 3 cloves finely chopped garlic
- 1 bay leaves
- 1/4 a preserved lemon (remove flesh & finely dice the skin)

Preparation

Clean and empty the sardines. Remove the skin and bones, place in a bowl, crush and mix the flesh. Add the parsley, coriander, garlic and spice and mix well.

Peel the tomatoes, cut in half and grate them into the tajine. Add 1 tablespoon of tomato puree. Add the spices to the tajine, keeping a pinch of each to add to the sardines.

Finely chop and paste the garlic and add to the tajine with the olive oil. Mix well with a wooden spatula and then add the bay leaves.

Finely chop the bouquet of fresh herbs and add to the tajine mixture. Mix well and place on a low heat to simmer for 30 minutes.

Take the sardine mixture and roll into equal size balls to ensure they cook in equal time. Place them in the tajine sauce, cover and cook for 10 minutes, occasionally covering the sardines with the sauce. If the sauce is too dry, add boiling water around the perimeter of the tajine

After 10 minutes remove the cover and reduce the sauce if necessary. At the end of cooking add the fresh lemon to serve.

Enjoy your tajine!