SPANISH · LUNCH · DINNER

Spanish Sardines with Peppers and Tomato

30 min · Serves 4 · 397 kcal a serve · Video 5:39 · Spain on a Fork

Pescatarian · No dairy listed · No nuts listed

Canned sardines make each serve very high in vitamin B12 and selenium and a good source of omega-3, with calcium from the soft bones, while the pepper and tomato base adds vitamin C and there is no added sugar.

Diet notes: Keto if you skip the baguette; Low saturated fat (2.5 g, 6% of the energy); DASH-friendly if you leave out the baguette; Paleo with a swap: leave out the baguette; Gluten-free with a swap: use gluten-free baguette.

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Ingredients 12 · SERVES 4

- [ ] 1 medium **brown onion**, thinly sliced
- [ ] 4 **garlic** cloves, roughly chopped
- [ ] 1 **green bell pepper**, thinly sliced
- [ ] 4 **tomatoes**, finely grated (about 1 cup)
- [ ] 3 tbsp (3 tbsp) extra **virgin olive oil**
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] about 10 **pitted black olives**, thinly sliced
- [ ] a pinch of **sea salt**
- [ ] a dash of **freshly cracked black pepper**
- [ ] 2 × 4.2 oz cans **sardines** in olive oil, drained
- [ ] a handful of **fresh parsley**, chopped, to garnish
- [ ] 1 **baguette**, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Thinly slice the onion and green pepper, roughly chop the garlic and finely grate the tomatoes to a pulp. 0:47
2. Heat the olive oil in a large frying pan over medium heat for a couple of minutes. Add the onion, pepper and garlic and sauté 6–7 minutes, stirring every minute or so, until the onion is translucent. 1:07
3. Stir in the smoked paprika quickly, then add the grated tomato and sliced olives and season with salt and pepper. 1:44
4. Simmer without stirring for 5–6 minutes until the tomato thickens slightly, then spoon the vegetables into a serving dish. 2:42
5. Lift the drained sardines out of the cans, lay them over the vegetables and turn each one gently to coat. Scatter with parsley and serve with a crusty baguette. 3:24

> **Tip** Drain the sardines well, or use ones in spring water for less oil. Serve as a tapa with crusty bread, or pile onto wholegrain toast or serve with boiled potatoes for a fuller meal.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
397 kcal	**18** g	**42** g	**4.1** g	**18** g	**610** mg
1,660 kJ	36% of a day	38 g net · 5.9 g sugars	15% of a day	2.5 g saturated	26% of a day
		15% of a day		23% of a day	

Energy from net carbs 39% · protein 19% · fat 42%

High in (20%+ of a day) Vitamin B12 162% · Selenium 72% · Vitamin C 48% · Omega-3 48% · Vitamin K 28% · Vitamin E 23% · Vitamin B6 20%

Source of (10–19%) Calcium 18% · Iron 17% · Zinc 13% · Magnesium 12% · Potassium 11% · Folate 11% · Vitamin D 10%

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=vtdByxPzBlk, published 7 August 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sardinas-con-verduras