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SARDINE BAKED PEPPERS

Sardine Baked Peppers is a dish that is not only quick and easy to make but it is cheap, delicious and a great way to eat oily fish to boost your bone health.

Serves 4

Per serving: 181 calories, 6g fat (excluding accompaniments)

Prep time 15 mins

Cook time 25 - 30 mins

INGREDIENTS

2 large red peppers
2 large yellow peppers
8 cherry tomatoes
2 garlic cloves, finely chopped
Freshly ground black pepper
2 x 120g can sardines in tomato sauce
Juice of one lemon
Frylight rapeseed oil spray
2 tbsp chopped fresh parsley

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6
2. Cut the peppers in half through the stalk and remove the inner core and seeds and discard.
3. Place the peppers, cut side up, in an ovenproof dish.
4. Halve the cherry tomatoes and arrange two halves in each pepper shell. Sprinkle with garlic and season with freshly ground black pepper.
5. Take the sardines from the tins and distribute between the peppers so they cover the tomatoes. (You can discard the tomato sauce in the can)
6. Drizzle with lemon juice and spray with Frylight Rapeseed oil then bake at the top of a pre-heated oven for 25 minutes.
7. Serve piping hot, sprinkled with parsley, with boiled new potatoes and broccoli or a salad comprising dark green leaves.



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