



SARDINES IN TOMATO SAUCE

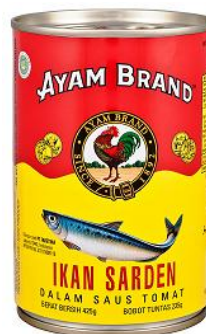
Serves 4

INGREDIENTS

- 1 can Ayam Brand Sardines in Tomato Sauce 425g
- 2 tomatoes (150g) cut in cubes
- 1 tbsp cooking oil
- 1 large onion, chopped
- 1 green pepper, sliced
- 4 cloves garlic, chopped,
- 1 tbsp chilli sauce
- 1 tsp of pepper and 1/2 tsp salt

PREPARATION

- Chop the onion and crush the garlic
- Cut the green pepper, remove the seed and dice
- Remove the seed of the tomatoes and cut them into cubes



STIR FRYING

- Drained the sardine and keep the tomato sauce.
- In a frying pan, heat up the 1 tbsp of cooking oil, stir fry the onion around 1 min.
- Add in green pepper and tomato cubes, stir fry for a while, then add in chilli sauce and the reserved tomato sauce
- Add in salt and pepper, reduce the fire and let it simmer for 2 minutes
- Add in the sardine and simmer for another 2 minutes

PRESENTATION

- Put the rice on the plate, place the sardine on this side and the sauce on another side.