



Sardines with sweet & sour tomatoes

Ingredients (serves 1)

150 g tomatoes (3-4 small pieces)

50 g courgette

2-3 sardine fillets (or horse mackerel, mackerel, anchovy ...)

1 tbsp ground almond

1 tbsp vinegar

1 tsp sugar

Low-fat cream cheese (lactose-free in case of intolerance)

Lemon and orange zest*

Pepper

Method

1. Cut the tomatoes into big slices and the courgette into small squares.
2. Put the ground almond at the base of a deep container suitable for microwaving.
3. Put the courgette and the tomato on top.
4. Season with vinegar, sugar, and the grated zest of an orange (optional). Cook in the microwave, covered with a dish of the same diameter for two minutes and thirty seconds at 800W.
5. Season the sardine fillet with pepper and place on top of the vegetables. Cook again for two more minutes at the same power setting.
6. Remove from the microwave and let it sit for a minute covered.
7. Mix a teaspoon of cream cheese with the grated lemon zest (optional), add to the fish, and serve.

*Wash the lemon zest properly before grating.