



JEAN CHRISTOPHE
NOVELLI®

JAFFA ORANGE SARDINES MARINATED IN BEETROOT

Makes

4

Time

40
minutes

Level

Simple

Kcal

601
per portion

You will need

- 1 x Jaffa Orange
- 8 x Fresh Sardines (prepared and cleaned)
- 4 x Shallots (sliced)
- 1 x Garlic Bulb (halved widthways, unpeeled)
- 1 x Sprig of Thyme
- 1 x Bay Leaf
- 1 x Whole Small Beetroot (peeled and sliced)
- 1 x Carrot (sliced)
- 4 x TSBP Extra Virgin Olive Oil (infused with Fresh green herbs)
- 1 x TBSP Extra Virgin Rapeseed Oil
- 1 x TSP Honey
- 1 x TSP Coriander Seeds
- 250ml Dry White Wine
- 80ml White Wine Vinegar

USE THE HASHTAG
#JAFFAJoy

Our step-by-step guide

Step 1

Heat the rapeseed oil in a hot sauté pan with a lid. Place the sardines into the pan and fry for 1 minute on each side. Transfer to a baking dish and cover with clingfilm.

Step 2

Using the same pan, add the shallots, garlic, herbs, sliced beetroot, carrots, honey, and vinegar. Bring to the boil and simmer for 5 minutes.

Step 3

Add the wine and bring to the boil again.

Step 4

Cut the Jaffa Orange into quarters, squeeze the juice into the pan and add the leftover Jaffa Orange. Simmer for 5 minutes. Whilst hot, pour the stew over the fish, in an ovenproof dish, and re-cover with clingfilm and allow to cool.

Step 5

To serve, slowly warm the dish in a preheated oven, gas mark 4/180°C/fan 160°C, for 10 minutes. Complete with a drizzle of the infused olive oil.

Step 6

Enjoy!

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