

IslandStyle Sardines and Rice

Oscar · 29/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

This is one of my favorite recipes My favorite way to enjoy this is in the morning for breakfast with some good coffee It is made from items that are almost always found in a West IndianCaribbean kitchen Sardines can be substituted with any canned salt fish but the soybean oil gives it the texture that is out of this world Very tasty if you love spicy and if you love sardines

Ingredients

- - 1 tablespoon coconut oil - 1 roma (plum) tomato
- diced - ¼ cup sliced white onion - 1 small garlic clove
- minced - ? teaspoon minced scotch bonnet chile pepper - 2 (3.75 ounce) cans sardines packed in soybean oil - salt and ground black pepper to taste - 2 cups cooked white rice

Instructions

1. Melt coconut oil in a skillet over medium heat; add tomato
2. onion
3. garlic
4. and scotch bonnet chile pepper. Cook and stir tomato mixture until onion is almost translucent
5. about 5 minutes. Pour sardines and soybean oil into tomato-onion mixture; mash fish with a fork until incorporated. Cover skillet
6. reduce to low
7. and cook until sardines are heated through
8. about 3 minutes. Season with salt and pepper. Serve sardine mixture over rice. Recipe Tips If you are not concerned with the carbohydrate content of this meal
9. you can add very thinly sliced white potatoes to the pan with the oil and onion only; cover and steam until potatoes are done (depends on how thin you slice them.) When potatoes are done
10. add the additional ingredients and complete the recipe as listed. You can substitute habanero chile peppers for the scotch bonnet peppers if desired.