



SARDINE ROE SEASONED WITH OLIVE OIL AND PARSLEY



Magazine
Jun. | Jul. 07

Chef: Renato Costa

Wash the sardine roe in saltwater • Boil some water seasoned with olive oil, garlic and a bay leaf in a pan • Once boiling, add the roe • Stir with a spoon and as soon as they change colour, and in as little time as possible, remove them from the water • Add some parsley • Season with flor de sal gourmet salt and olive oil.

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