



Flatbread with Sardines and Morado Garlic.



DIFFICULTY
LOW



TYPE OF CUISINE
MEDITERRANEAN



Nº OF DINERS
4



TYPE OF DISH
MAIN



PREPARATION TIME
20 MINUTES



GARLIC VARIETY
MORADO

Ingredients

- 1 clove of Morado Garlic
- 50 gr of Cherry Tomatoes
- 2 cans of Sardines (in oil)
- Baby Leaves
- 4 Tomato and Oregano Flatbreads
- 50 gr of Serrano (cured ham) cubes
- Fresh Parsley
- Extra Virgin Olive Oil
- Rice Vinegar

Step by Step



1. Peel the garlic clove, laminate it, cut it in strips and finally dice it into really small cubes.
2. Wash the tomatoes and dry them well so they don't leak water. Then cut them in quarters.
3. Remove the parsley stems and chop them finely.
4. Drain the sardines cans. If the sardines are too large, cut them so they fit nicely on the Flatbread.
5. To make the sauce with which we will season the Flatbread, mix 3 measures of Oil per one of Vinegar; add the Garlic and Parsley and mix until the sauce thickens.



DISH PRESENTATION:

6. Use a plate to place the Flatbread; then carefully align the Sardines on it.
7. Add the Tomatoes on the Sardines and season with the freshly made Sauce.
8. To finish the dish, place some Baby Leaves at the top of the Flatbread and season again.



TIPS FROM THE CHEF Miguel Ángel Mateos:

- To add freshness to this Flatbread recipe we may include lime zest or chopped fresh coriander.
- We may use any bread we like to use as "Flatbread" and toast it at home. We can grate some tomato to place on the bread and then add oregano.
- Instead of Rice Vinegar we can also use other types of Japanese sauces, such as Shiso, or balsamic vinegar. They will add a sweet flavour that will perfectly contrast that of the sardines.