



Mega Sardines Caldereta

INGREDIENTS:

- 1 pc. onion
- 4 tbsp. garlic
- 1/2 cup potatoes, chopped
- 1/2 cup carrots
- 5 cans of Mega Sardines in Tomato Sauce with Chili 155g
- 1/4 cup olives
- 1/2 cup cheese
- 1/4 cup celery
- 1/4 cup pickles
- Salt and pepper to taste

PROCEDURES:

1. Saute onion and garlic in hot oil.
2. Add potatoes and carrots.
3. Pour in the Mega Sardines in Tomato Sauce with Chili and let the mixture simmer.
4. Add the olives and cheese.
5. Put celery and pickles, then salt and pepper to taste.
6. Let it simmer for a few more minutes and serve hot.

Mega Sardines offers the freshest and most delicious sardines, packed within 12 HOURS FROM CATCHING TO CANNING. Available in easy-open-cans and pouch formats for your convenience.



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