



LOCRIO DE PICA PICA

SERVINGS 4

PREP TIME 10 MIN

COOK TIME 20 MIN

INGREDIENTS

- 20 oz. canned sardines in tomato sauce (or in hot tomato sauce)
- 3 cups rice
- 1 red bell pepper , diced
- 1 carrot , diced
- ½ cup peas (fresh or frozen)
- 2 cloves garlic , crushed
- 1 stalk celery , diced
- A few leaves of cilantro
- Olive oil

DIRECTIONS

1. Open the cans of sardines and separate the sardines from sauce. In a saucepan, saute the cilantro, garlic, peppers, carrots, peas and celery in a little olive oil over low heat. Cook and stir 2 to 3 minutes. Increase heat to medium and add the sardine sauce. Add half of the sardines (keep the other half for later).
2. Add 4 cups (1l) of water. Bring to a boil and add the rice. Stir constantly to prevent the rice from sticking. When the liquid is completely evaporated, add the remaining sardines and stir.
3. Cover and cook over very low heat. After 15 minutes, add 2 tablespoons of olive oil. Stir, cover again and continue to cook for 5 minutes.
4. Serve locrio of pica pica with avocado.

