# Camarrojas greens with sardines

Yield: 4 servings

## Ingredients

### Vegetables

Chard — 500 g

Camarrojas (cerrajas) — 500 g

Tomato — 500 g

Salted sardines (sardinas de bota) — 4 pcs

Green garlic — to taste

Extra virgin olive oil — to taste

Salt — to taste

## Steps

1. Wash the chard and the camarrojas very thoroughly. Keep the stalks and stems too: nothing is thrown away in this dish.
2. Boil the greens for about 12 minutes in a large pot.
3. Drain them very well in a colander and set them aside on a serving dish, undressed.
4. In a frying pan with extra virgin olive oil, fry the salted sardines and take them out.
5. In that same oil, add the drained greens, the tomato and the green garlic cut into small pieces, taking care that the garlic does not burn. Adjust the salt only if needed.
6. Put the sardines back in, plate up and serve.

## Sources

Camarrojas fritas con sardinas (Convega, Recetario de la Vega Baja, receta 3): https://convega.com/wp-content/uploads/2026/05/Recetario.pdf