

Grilled sardines

Preparation Time: 30 Minutes Cooking Time: 5-10 Minutes Serves: 2 adult portions

What you need

- 4 large or 6 small fresh sardines, scaled and gutted
- 1/2 tsp sea salt
- 1 garlic clove, finely chopped
- Handful of fresh parsley, chopped
- 1 lemon, zest grated and set aside

What to do

- Place the sardines in a bowl with the sea salt and leave to rest, if possible, for 30 minutes.
- Mix together the garlic, parsley, and grated zest of the lemon.
- Preheat the grill, and cook sardines for 2 – 3 minutes each side until just blackened, then sprinkle with garlic, parsley and zest mixture, and squeeze over the lemon.