

Baked Sardines with Creamy Spinach

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This Provençal style sardines dish is simple enough for a midweek dinner but is also sophisticated enough to serve at a dinner party. Serve with creamy potatoes, potato wedges or big wedges of French baguette.

Ingredients:

1kg sardines, cleaned, scaled and gutted
1kg fresh spinach, blanched and drained
4 tbsp. fresh white breadcrumbs
1 tsp. anchovy essence
1 tsp. mixed dried herbs
1 tsp. finely chopped fresh parsley
Salt and pepper
2 eggs
2 tbsp. single cream
2 tbsp. freshly grated parmesan cheese
1 tbsp. vegetable oil

Directions:

1. Beat the eggs together. Mix half of the breadcrumbs with the anchovy, dried herbs and fresh parsley, along with a little of the eggs. Stuff a little into the cavity of each fish.
2. Combine spinach with cream and the rest of the eggs. Season well. Spread into the bottom of an oven dish, then top with the stuffed sardines.
3. Brush the sardines with oil. Mix the rest of the breadcrumbs with the cheese. Sprinkle over the fish. Cook in a 180C oven for 5-10 minutes until the fish are browned.

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