

Cumin Spiced Sardines

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This wonderful dish of pan-fried sardines combines some delicious flavours - garlic, cumin, lemon juice and parsley flavour salty sardines. Serve with bread to mop up all the tasty juices.

Ingredients:

8 sardines, cleaned, scaled and gutted
50g plain flour
1 tsp. ground cumin
4 garlic cloves
Small handful freshly chopped parsley
2 tbsp. lemon juice
Salt and pepper
4 tbsp. oil

Directions:

1. Mince the garlic cloves. Mince with the parsley and spread over the inside and outside of all of the sardines. Sprinkle with lemon juice, cover well and leave to sit in the fridge for 2 hours.
2. Season the flour with cumin and salt and pepper. Dredge the marinated sardines in the flour, making sure they are thoroughly coated.
3. Heat oil in a frying pan. Fry the fish until golden and crispy. Serve immediately.

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