

# Easy Greek Baked Sardines

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*This super simple dish is an excellent way of making the most of fresh sardines. The sardines are tossed with good olive oil, lemon juice and fresh oregano before being baked until tender. Serve with bread to mop up the lovely juices.*

## Ingredients:

8 sardines, cleaned, scaled and gutted  
4 tbsp. lemon juice  
4 tbsp. olive oil  
1 tbsp. freshly chopped oregano  
Salt and pepper

## Directions:

1. Lay the sardines in a baking dish. Cover with oil and lemon juice and rub the fish all over to coat.
2. Sprinkle the fish with oregano, salt and pepper and then turn the fish to coat it in the herbs and seasoning.
3. Bake in a 200C oven for 5 minutes. basting once with the oil and lemon mixture and any juices.

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