

Garlic-Crumbed Sardines

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This very easy recipe is fantastic for serving at a dinner party as you can create the crumb topping in advance - all you need to do before serving is grill the sardines to perfection, then fry the crumbs in olive oil before sprinkling over the top of the fish.

Ingredients:

4 sardines, cleaned, gutted and boned
1 large thick slice white bread
2 garlic cloves
1 tsp. mixed dried herbs
1 tbsp. olive oil
Salt and pepper
Lemon wedges

Directions:

1. Blitz the garlic with the bread in a blender. Add the herbs and blitz again. This will keep in the fridge for a few days.
2. Season the sardines on each side, then grill for five minutes on each side.
3. Meanwhile, fry the garlic crumbs in the olive oil until crispy.
4. Serve the crumbs sprinkled over the fish with lemon wedges on the side.

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