

Mustard and Lemon Sardines

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This simple recipe is a great way of preparing fresh sardines and really making the most of their meaty flavour. Try serving them with some light summer vegetables or even with some roasted rosemary potatoes.

Ingredients:

6 fresh sardines, boned, cleaned and gutted
Small handful fresh parsley
1 tbsp. grainy mustard
Salt and pepper
Olive oil
Juice of half a lemon

Directions:

1. Finely chop the parsley and mix with the mustard and lemon juice.
2. Season the fish inside and out and then divide the mustard and herb mixture between the fish. If there is any left over, leave to one side to spread over the fish once cooked.
3. Brush the fish with olive oil and grill or fry for four minutes on each side until fully cooked through.

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