

Pan Fried Sardines with Chickpeas and Cherry Tomatoes

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Cooking your sardines on the BBQ gives a lovely smoky flavour, although you can cook them indoors if the weather isn't great! The garlicky chickpeas and squashy tomatoes match beautifully with the smoky, salty flavour of the fish.

Ingredients:

10 sardines
5 tbsp. plain flour
Salt and pepper
Zest of 2 lemons
Small handful freshly chopped parsley
2 x 400g tins chickpeas
2 garlic cloves
200g cherry tomatoes
150ml white wine
Oil

Directions:

1. Crush the garlic cloves and halve the cherry tomatoes. Clean and scale the sardines if needed. Season the flour and sprinkle on a plate. Dip the sardines into the flour to coat the sardines. Mix together lemon zest and parsley.
2. Heat a heavy-duty pan on the BBQ until very hot. Add a drizzle of oil. Once shimmering, lay the sardines in the pan, facing away from you. Fry for 3 minutes, then flip and fry for another 3 minutes.
3. Remove the sardines and place to one side. Add more oil to the pan if needed and fry the garlic gently for 30 seconds or so. Add the wine and reduce by half, stirring to scrape up any sticky bits from the pan, then add the chickpeas and tomatoes. Cook until the chickpeas are heated through.
4. Add the sardines to the pan then sprinkle with the parsley and lemon. Season to taste.

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