

Sardines with Orange

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These fragrant sardines are full of flavour and are super simple to prepare. Cook them on the BBQ or cook them on a griddle pan indoors and serve with a light salad for a super healthy yet super delicious meal.

Ingredients:

8 small sardines, scaled and cleaned
8 smallish sprigs of parsley
1 orange, peeled
1 tsp. sweet paprika
1/2 tsp. salt and pepper
1 tbsp. oil

Directions:

1. Stuff each sardine with 2 thin slices of orange and 1 parsley sprig. Once they are all stuffed, rub them with the oil then sprinkle with paprika, salt and pepper and rub so that the paprika and seasoning evenly covers the fish.
2. Heat a griddle pan until hot. Cook sardines for 2 minutes per side or until tender, then serve.

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