



FRESH SARDINES WITH HOT GARLIC DRESSING

Prep Time: 15 min

Cook Time: 35 min

Serves: 4

Ingredients

- 12 fresh sardines
- 1 1/2 teaspoon coarse salt
- 1/4 cup olive oil or vegetable oil
- 3-4 garlic cloves, finely chopped fresh herbs
- lemon slices, to serve

Directions

About 20 minutes before cooking, sprinkle sardines with salt. Prepare a fire in a grill. Brush sardines lightly with oil and cook on a hot grill until just done.

Heat remaining oil in a small pan; add garlic and cook briefly. Pour hot garlic oil over fish and serve at once garnished with herbs and lemon slices.

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