

# PEPPERED SARDINES WITH SEA SALT

SERVES 2

Fresh sardines couldn't be further from the canned, tomato-slathered variety in terms of taste, and this simple recipe is an excellent showcase for their strong flavour. During the summer months, sardines are plentiful off Devon and Cornwall and, as we are situated just a few miles along the south coast, they inevitably find their way into our kitchen. Anyone eating this dish at The Hive on a hot day – especially when enjoyed with a hunk of bread and an ice-cold beer – could close their eyes and imagine they were in the Mediterranean. We often do...

## INGREDIENTS

8 sardines, gutted and scaled

Olive oil

Cornish sea salt

A good pinch cracked black pepper

1 lemon, halved

- Place the sardines onto a roasting tray. Drizzle with olive oil and sprinkle with the sea salt and black pepper.
- Cook the sardines for 4–5 minutes under a hot grill, until the flesh has changed colour and is hot throughout.
- Once cooked, remove the sardines from the grill and squeeze the lemon generously over them. Serve immediately, before they have a chance to cool.

