

# PEPPERED SARDINES WITH SEA SALT

SERVES 2

## INGREDIENTS

8 sardines, gutted and scaled

Olive oil

1 lemon, halved



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