



Baked Sardines

(serves 6)

Ingredients

- 1.25kg fresh sardines, gutted, cleaned and head on
- 4 large cloves of garlic, very finely sliced
- ½ cup lemon juice
- ½ cup quality olive oil
- 1 leek (white part only), very finely sliced
- 2 tablespoons fresh mint, roughly chopped
- Generous sprinkle sea salt flakes and freshly ground black pepper
- Lemon cheeks, to serve

Method

1. Preheat the oven to 160C (fan forced oven).
2. Prepare the sardines and lay them flat and snug in an oven tray.
3. Combine the leek and mint leaves in a small bowl and place over the bodies of the sardines. This has the dual purpose of infusing the flesh of the fish with the flavours of the leek and mint and also ensures the fish does not dry out.
4. Combine the remainder of the ingredients in the bowl and spread on top of the sardines. Give the tray a little wiggle so that the juices can spread across the bottom of the tray and then pop it into the oven to roast uncovered for 30-35 minutes.
5. Allow to cool slightly and serve with the extra lemon cheeks.