

Grilled Sardines with Salsa Verde

Serves 4

Ingredients

For the Salsa

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| <i>1 bunch</i> | <i>Flat-leaf parsley, leaves only, finely chopped</i> |
| <i>1 bunch</i> | <i>Basil, chopped</i> |
| <i>1 bunch</i> | <i>Mint, chopped</i> |
| <i>2 cloves</i> | <i>Garlic, peeled and chopped</i> |
| <i>4</i> | <i>Anchovy fillets, chopped</i> |
| <i>2 tbsp</i> | <i>Capers, rinsed and well chopped</i> |
| <i>150ml/5fl oz</i> | <i>Extra virgin olive oil</i> |
| | <i>Salt to taste and freshly ground black pepper</i> |
| <i>2 tbsp</i> | <i>Red wine vinegar</i> |

For the sardines

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|---------------|---|
| <i>4</i> | <i>Sardines, butterflied</i> |
| <i>1 tbsp</i> | <i>Olive oil</i> |
| | <i>Sea salt and ground black pepper</i> |

In a small bowl, mix together the parsley, basil, mint, garlic, anchovies and capers. Stir in the olive oil and season with salt and pepper. The sauce may be prepared several hours ahead. Just before serving, add the vinegar and adjust the seasoning.

Lightly oil the fish and grill for 1 minute each side. Allow to rest for 2 minutes before serving. Place on your plate and spoon over the salsa verde and serve with lemon.

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