

# Ginger Sardines

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*A very refreshing way to eat fresh sardines, this recipe uses ginger, soy sauce, Japanese rice wine and Japanese sake to create a light, filling and healthy meal for two. Serve the sardines with some noodles or as they are with a crunchy salad on the side.*

## Ingredients:

4 fresh prepared sardines  
3 tbsp. sake  
1 tbsp. minced ginger  
2 tbsp. rice wine  
2 tbsp. soy sauce  
1 tsp. sesame oil  
2 spring onions

## Directions:

1. Finely chop the spring onions and heat the oil until hot, then fry the sardines on both sides until golden brown and evenly cooked.
2. Mix the sake, ginger, rice wine and soy sauce together and heat together for 30 seconds in the pan you cooked the sardines in.
3. Pour the sauce over the sardines to serve and then sprinkle the spring onions over the fish. Serve.

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