

# Italian Marinated Sardines

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*A great way to make the most out of fresh sardines, this tasty dish is very simple and clean but still delicious. Fresh sardines are marinated in lemon, oil, garlic, parsley and chilli before being served with some crusty bread.*

## Ingredients:

500g fresh sardines  
3 cloves garlic  
Juice of 3 lemons  
Large handful parsley  
1 small red chilli  
1 tbsp. extra virgin olive oil  
Salt and pepper

## Directions:

1. Clean and bone the sardines if not already done so. Split in the middle so that the marinade can get all the way through the fish.
2. Finely chop the garlic, chilli and parsley.
3. Mix garlic, chilli and parsley with lemon juice, olive oil and season well with salt and pepper.
4. Place sardines in a dish and pour the marinade over them, making sure to get into the centre of the flesh.
5. Leave for up to 24 hours in the fridge before serving. Leave the fish to come up to room temperature before serving. The lemon juice will have cooked the fish.

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