

Sardines with Lemon and Mint Marinade

SERVES 4

455g (1 lb) sardines, cleaned and heads removed

Marinade

2 x 15ml spoon (2 tbsp) white wine vinegar
rind and juice of 1 lemon
4 x 15ml spoon (4 tbsp) olive oil
1 x 15ml spoon (1 tbsp) caster sugar
1 clove garlic, crushed
salt and black pepper
small bunch fresh chopped mint
couscous, to serve



Preheat the grill or barbecue

1. Lay the sardines into a shallow dish.
Combine the marinade ingredients together and pour over the fish.
2. Cover and marinate in the refrigerator for 20 minutes.
3. Place the sardines under the grill or on foil squares before placing onto a barbecue and cook for 8-10 minutes.
Turn once and baste with any remaining marinade mixture.
4. Serve on a bed of couscous with a crisp green salad or grilled vegetables.