

FRESH SARDINES WITH VINEGAR & CURRANT DRESSING

Sardines are great little fish - we should all eat more of them. This recipe makes the most of fresh sardines by butterflying and grilling them, then loving them up with a zesty dressing.



Serves: 2

Time: 20 minutes



INGREDIENTS

6 fresh sardines
20 ml (1 tbsp / 0.7 oz) olive oil, plus extra for cooking
60 ml (3 tbsp / 2 oz) water
60 ml (3 tbsp / 2 oz) sherry vinegar
1 garlic clove, finely chopped
1 heaped tbsp currants
2 tbsp herbs, chopped
2 tbsp walnuts
orange zest
salt and pepper, to taste



METHOD

1. Clean sardines by using a sharp knife to cut through the back of the neck then fold to open the cut, removing the head and pulling the guts out with it. To butterfly the sardines, cut into the belly until you can feel the spine. Use your fingers to open the fish out and snap the spine near the tail. Slowly remove the spine, bringing all the ribs with it.
2. Heat olive oil in a pan over medium-high heat and cook sardines, skin-side down until almost cooked through. Flip onto flesh side for a few seconds to finish cooking then remove to a serving plate.
3. Heat water, vinegar, garlic and currants in a small pan and let simmer for a few minutes. This can also be done in a Thermomix. Cook for **5 min/Varoma/speed 1**.
4. Remove from heat (or transfer from Thermomix into a bowl) and season with salt, pepper and a little olive oil.
5. Scatter herbs, crushed walnuts and zest over sardines, then drizzle with vinegar and currant dressing. Grate orange zest over the top. Serve warm or at room temperature.

Tips

- Even if you're not keen on sardines, this dressing works on any seafood, meat or even avocado.
- Use any herbs that you have around.
- You can serve this straight away or leave the flavours to infuse for a few hours.
- You can easily scale up this recipe to serve more.

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Serves: 2



SHOPPING LIST:

- Fresh sardines (6)
- Olive oil (20 ml / 1 tbsp / 0.7 oz)
plus extra for cooking
- Sherry vinegar (60 ml / 3 tbsp
/ 2 oz)
- Garlic clove (1)
- Currants (1 heaped tbsp)
- Herbs (2 tbsp)
- Walnuts (2 tbsp)
- Orange (1)
- Salt
- Pepper



NOTES & TIPS: