



Mediterranean Roasted Sardines

“Easy and absolutely delicious fish recipe”

7 INGREDIENTS

20 MINUTES

Did you know that sardines are nutritious powerhouse? They are an excellent source of Vitamin B-12, D, calcium and they are incredibly rich in omega-3 fatty acids and minerals. They are a bit hard to find in USA so check with your local fish stores and some specialty ones near you.

Ingredients:

1 Pound

Fresh whole sardines

3 Tbsp

Extra virgin Olive oil

2 cloves

Garlic

To taste

Salt and pepper

1 Tbsp

Dried oregano

2 Teaspoons

Fresh parsley

1

Lemon (to taste)

Directions:

1

Preheat the oven to 425 degrees.

2

Rinse sardines and clean them by removing scales and guts.

3

Cover pan with unbleached parchment paper

4

Place sardines on pan next to each other

5

Thinly slice garlic cloves and toss on top of sardines

6

Drizzle with olive oil

7

Sprinkle oregano, salt and pepper

8

Roast sardines for 15 - 20 mins depending on size. Don't need to flip them over

9

Serve with few drops of squeezed lemon and cut up parsley on top if you decide