

Fire Roasted Sardines,

With Burnt Chilli, Garlic & Lemon Butter, Caramelised lemon



Ingredients

Serves 4

Prep time 12-15 min | Cook time 10-12 min

- 12 Whole Sardines MSC
- 6g Sea Salt
- 200g Whole Black Peppercorn
- 200g Salted Butter
- 20g Red Chillies
- White Garlic String
- 3 Whole Lemons
- 15g Parsley Flat
- 10g Chive



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Methods

1. Season the sardines with salt and black pepper then grill over BBQ or grill until cooked.
2. In a bowl add the butter, chopped fire roasted chilli, juice and zest from 1 lemon and chopped herbs then blend together with an electric whisk until light and fluffy. Serve with the cooked sardines and caramelised lemon.