



MONTHLY RECIPE - APRIL 2016

Grilled sardines, wild garlic, pancetta & avocado



Ingredients

- 4 large scaled, gutted & butterflied fresh sardines
- 8 wild garlic leaves
- 4 slices of thinly sliced pancetta (ask your local butcher)
- Mayonnaise
- 1 avocado

Method

Wash the sardines and place skin side down on a chopping board, you can cut the heads off if you wish. Spoon some of the mayonnaise down the middle of the fish.

Fold one of the sides back over, put a leaf of the garlic on both sides of the fish and roll in the pancetta. Place in the fridge for an hour or so.

For the avocado, skin & destone and blitz in a bender for a few minutes with salt & pepper.

Cook the sardines by placing in a hot frying pan and then place under a grill for 2/3 minutes.

Serve with the purée, salad leaves & olive oil.

Enjoy!