Main dishes / Portugal

Sardinhas assadas



Whole sardines salted coarsely and grilled over coals, served on a slice of bread.

Time 55 min **Servings** 4

What you'll need.

- [ ] 1.5 kg Sardines — whole, large
- [ ] 8 slice Country bread
- [ ] 3 piece Bell peppers
- [ ] 3 clove Garlic
- [ ] 20 g Parsley
- [ ] 150 g Coarse salt
- [ ] 800 g Potatoes
- [ ] 100 ml Olive oil
- [ ] 3 tbsp Wine vinegar

Let's make it.

01 Rinse the sardines without gutting them and pat them dry on the outside.

02 Bury the fish in coarse salt on all sides and leave it half an hour at room temperature.

03 Light the coals and let them ash over; an open flame burns the skin within a minute.

04 Char the peppers on the coals, peel them and dress them with oil, garlic and vinegar.

05 Shake the excess salt off the fish and lay them on a hot, oiled grate.

06 Grill four minutes a side, turning them exactly once.

07 Lay the sardines on slices of bread and serve with boiled potatoes and the pepper salad.

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