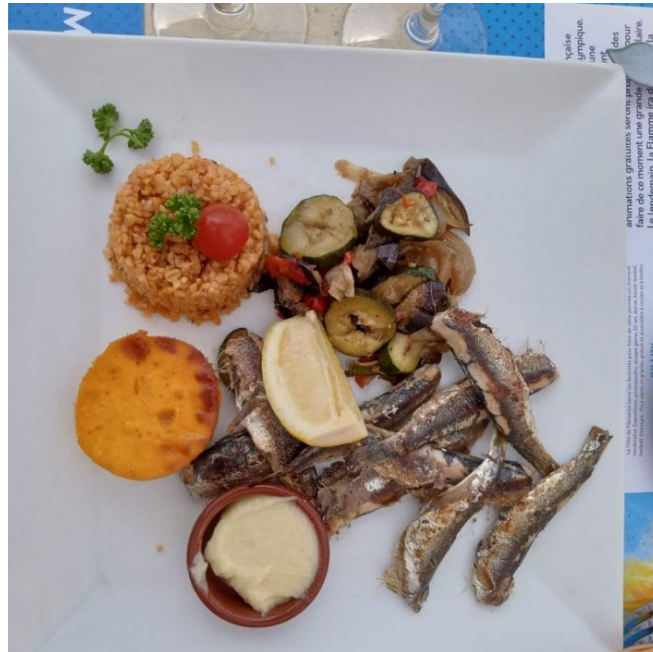


MOROCCO

Grilled Sardines

Grilled sardines are a simple yet flavorful dish, popular in Mediterranean and coastal cuisines. Known for their bold, rich taste, sardines are often prepared whole, with minimal seasoning to let their natural flavors shine. Typically, they are lightly seasoned with salt, pepper, olive oil, and sometimes garlic or lemon juice, before being grilled over high heat. This quick grilling process gives the sardines a crispy, charred exterior while keeping the flesh tender and moist inside.



Ingredients

- Fresh sardines, cleaned and gutted
- Salt and pepper
- Lemon wedges
- Fresh herbs (such as parsley or dill) for garnish (optional)
- Extra virgin olive oil

How to prepare

- Preheat your grill to medium-high heat. If you're using a charcoal grill, make sure the coals are evenly spread and hot.
- Rinse the sardines under cold water and pat them dry with paper towels.
- Using a sharp knife, make diagonal cuts along the body of each sardine on both sides. This helps the heat penetrate the fish and ensures even cooking.
- Drizzle the sardines with extra virgin olive oil and season them generously with salt and pepper. Make sure to coat both sides of the fish.

- Place the sardines directly on the grill grates, making sure they are not overcrowded. Cook them for about 3-4 minutes on each side, or until they are cooked through and the skin is crispy and slightly charred.
- Carefully flip the sardines using a spatula or tongs to avoid breaking them.
- Once the sardines are cooked through, remove them from the grill and transfer them to a serving platter.
- Squeeze fresh lemon juice over the grilled sardines and garnish them with fresh herbs, if desired.
- Serve the grilled sardines immediately with additional lemon wedges on the side.