

Baked Fresh Sardines

Ingredients:

3 lbs fresh sardines	2 medium chopped Parsley tomatoes, sliced
1 cup olive oil (doubt if I used that much!)	Salt, pepper, oregano
2 lemons	

Method:

Good in Watford market where they prepare them well.

If not already prepared - cut off the sardine heads, clean and wash. Drain well and arrange in rows in a large baking dish.

Take 1 lemon, slice and place between fish together with slices of tomato.

Pour over the other lemon's juice and the olive oil.

Sprinkle with parsley, salt, pepper and crumbled oregano.

Bake in a hot oven (200C) for about 30 minutes. Serves 5-6