

Harissa Char-Grilled Sardines with Orange and Red Onion Salsa

Servings: 6

Prep Time: 20min

Cook Time: 10min



Ingredients

- 6-8 whole sardines, gutted and cleaned
- Salt and ground black pepper
- 3 tbsp harissa paste
- 3 tbsp olive oil
- 4 cloves garlic
- 2 oranges, segmented
- 1 grapefruit segmented
- ½ red onion, finely chopped
- Juice of 1 lemon
- A handful of fresh parsley leaves, chopped
- A little extra olive oil

Directions

1. Scour the flesh and season the fish well with salt & pepper.
2. Mix the harissa paste with olive oil and brush this onto the outside and the inside cavity of the fish.
3. Place on a hot grill pan and grill until cooked through.
4. Make the salsa by combining the parsley, onion, segmented grapefruit, oranges and lemon juice.
5. Drizzle a little olive oil over the salsa and season it, to taste.
6. Drizzle the salsa over the sardines as soon as they come off the grill and serve with crusty bread and butter.