

Sardines with sweet chestnuts

You should aim to eat at least one portion of oily fish each week.

Ingredients

- 12 fresh sardines - gutted, cleaned and dried
- Olive oil
- 50g butter
- 1 handful chestnuts - freshly boiled and peeled, or
- 1 packet of vacuum packed sweet chestnuts
- 1 tsp sugar
- 1 bunch flatleaf parsley - roughly chopped
- ½ lemon

Method

- Turn on the grill
- If large, make 3 incisions along each side of sardine
- Brush with oil and season with sea salt flakes and pepper
- Grill for 2 to 3 minutes per side until cooked and tender
- Melt butter in pan and fry chestnuts for a couple of minutes
- Add sugar to pan and caramelize chestnuts
- Add chopped parsley, season and finish with a squeeze of lemon

Assembly

Arrange sardines on plate, spooning sweet chestnuts over.

Recommended drinks

As a fish that is incredibly popular in the Mediterranean, I'd suggest a good Portuguese Vinho Verde or an ice cold Manzanilla.