



Greek stuffed sardines

15'

Hands on

10'

Cook Time

2-4

Portion(s)

1

Difficulty



Method

- Preheat the oven to 180° C (350° F) set to fan.
- Clean the sardines and cut them in half. With a pastry brush, spread 2 tablespoons olive oil and season with salt and pepper.
- Transfer to a [baking pan](#) with a rack, skin-side down, and add oregano.
- Roast for 8-10 minutes.
- Grate the tomato on a box grater and drain it to remove the whole moisture. Transfer to a bowl. Alternatively, you can pour the whole tomato into the bowl and add 2 tablespoons dried breadcrumbs in order to soak up the whole moisture.
- Add salt, pepper, the garlic grated, 2 tablespoons olive oil, the parsley finely chopped, the green part of the spring onions finely chopped, the zest and the juice of the lemon, and mix.
- Divide the filling from the bowl among half of the sardines and cover with the other half.

For the olive oil-lemon dressing

- In a bowl add the mustard, the lemon zest and juice, the honey, and mix with a hand whisk.
- Add the olive oil very slowly, whisking constantly.
- Add salt, pepper, and mix. If the dressing is too thick, add 1 tablespoon water to thin it out.
- Pour it over the sardines, sprinkle with parsley, and serve with lemon slices.

Ingredients

- 500 g sardines
- 4 tablespoon(s) olive oil
- salt
- pepper
- 1 tablespoon(s) oregano
- 1 tomato, large
- 1 clove(s) of garlic
- 1/4 bunch parsley
- 2 spring onions
- lemon zest, of 1 lemon
- 1 tablespoon(s) lemon juice

For the olive oil-lemon dressing

- 30 g mustard
- lemon zest, of 1 lemon
- lemon juice, of 1 lemon
- 1/2 teaspoon(s) honey
- 100 g olive oil
- salt
- pepper

To serve

- parsley
- 1 lemon

Διατροφικός πίνακας

Nutrition information per portion

493 Calories (kcal)	41.0 Total Fat (g)	7.0 Saturated Fat (g)	3.2 Total Carbs (g)
25%	59%	35%	1%
2.7 Sugars (g)	26.0 Protein (g)	1.1 Fibre (g)	1.8 Sodium (g)
3%	52%	4%	30%