



Sardines with Chermoula

Makes: 4

Prep time: 5 minutes

Cook time: 5 minutes

Ingredients:

12 sardines

1 large handful coriander leaves and stalks

1 small handful of parsley leaves (around $\frac{1}{4}$ the quantity of coriander)

5 cloves garlic, peeled

1 tablespoon cumin seeds

1 teaspoon paprika

$\frac{1}{2}$ teaspoon turmeric

3 tablespoons lemon juice

6 tablespoons extra virgin olive oil

A little neutral oil, for cooking the fish

Chermoula (or Charmoula) is a bright, herbal North African sauce with deep bass undertones of cumin. It works very well with fish, grilled vegetables or chicken. There are many variations, but this is a good starting point.

Method:



1. Lightly toast the cumin seeds in a dry pan until fragrant, taking care not to burn them. Pound or grind to a powder.

2. Combine all the ingredients except the sardines and neutral oil with 2 tablespoons of water and some salt in a food processor. Blitz to a coarse paste.

3. Light two gas burners on the Jupiter Outback BBQ and set the heat to high.

4. Rub the sardines lightly with neutral oil all over, and season with salt.

5. Cook the sardines over high heat for a few minutes each side. Allow the sardines to build up a crust

Method Continued:



before attempting to turn them - they will release from the grill naturally when they are ready.

6. Serve the sardines immediately with the chermoula.