



BARBECUED HARISSA SARDINES

Serves 8

8 sardines (or mackerel fillets)

1 heaped tsp harissa paste

extra virgin olive oil

juice of 2 lemons

natural yoghurt to serve

Mix the harissa paste in a bowl with a glug of olive oil and the juice of one lemon. Gently massage the mixture into each fish. Place on the barbecue and cook for a minute or two on each side, brushing with more harissa if desired. Turn the sardines very gently.

You can tell if they are cooked if you can pinch the flesh from the thickest part fairly easily.

Put all the fish on a platter, scatter with fresh herbs, a large squeeze of lemon and bowl of natural yoghurt with a dollop of harissa in the middle.