

Grilled Sardines with Olive & Caper Salsa

Hands-on 20 minutes Overall 20 minutes



Nutritional values (per serving, 2 sardines + 2 tbsp salsa): Total carbs: 3 g, Fiber: 1.1 g,

Net carbs: 1.9 g, Protein: 32.5 g, Fat: 33.7 g, Calories: 411 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 4 servings)

Sardines:

8 large fresh sardines, scaled and cleaned (800 g/ 1.76 lb) - *will*

yield about 80% meat

1/4 cup [extra virgin olive oil](#)

salt and pepper to taste

1 lemon, halved

Salsa:

1 tbsp fresh lemon zest

1 1/2 tbsp mixed herbs, minced (rosemary, oregano, parsley)

2 cloves garlic, minced

1/2 cup green olives, minced (57 g)

3 tbsp minced red onion (50 g)

1 heaped tbsp capers (16 g/ 0.5 oz)

2 tbsp [extra virgin olive oil](#) (30 ml)

Instructions

1. Preheat your grill or grill pan to medium-high heat. Clean the sardines ([this video](#) shows the best way to clean sardines).
2. Brush the sardines with olive oil and season with salt and pepper.
3. Toss together the salsa ingredients in a small bowl.
4. Place the sardines on the grill along with the lemon cut side down.
5. Grill sardines for about 3 minutes per side until charred. Transfer to a platter along with the charred lemon.
6. Spread the salsa over the top of the sardines and serve.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)