



Canned Wild Salad



2 Servings



10 minutes

Ingredients :

- Canned wild sardines
- Fresh lettuce or spinach
- Cherry tomatoes
- Celery
- Red onion or shallots
- Fresh parsley or dill
- Lemon juice
- Olive oil
- Dijon mustard
- Salt
- Black pepper



Instructions :

1. Drain the canned wild sardines and place them in a bowl .
2. Gently break the sardines into bite -sized pieces using a fork .
3. Chop the lettuce , celery , tomatoes , and onion into small pieces .
4. Add the vegetables to the bowl with the sardines .
5. In a small bowl , mix lemon juice , olive oil , Dijon mustard , salt , and pepper .
6. Pour the dressing over the salad and toss gently to combine .
7. Sprinkle fresh herbs on top and serve right away .