



M e d i t e r r a n e a n S a l a d



2 Servings



15 minutes

Ingredients :

- Canned sardines in olive oil
- Cherry tomatoes
- Cucumber
- Red onion
- Fresh parsley
- Fresh dill
- Lemon juice
- Olive oil
- Dijon mustard
- Salt
- Black pepper



Instructions :

1. Drain the sardines and gently break them into large pieces .
2. Wash and chop the cherry tomatoes ,cucumber , and red onion .
3. Place the vegetables and sardines in a mixing bowl .
4. In a small bowl , mix lemon juice , olive oil , Dijon mustard , salt , and black pepper .
5. Pour the dressing over the salad and toss gently .
6. Add fresh parsley and dill , then let the salad rest for a few minutes before serving .