



S a l a d w i t h S a r d i n e a n d M a y o



2 Servings



15 minutes

Ingredients :

- Canned sardines in water or olive oil
- Mayonnaise
- Fresh lettuce or mixed greens
- Celery
- Red onion or shallots
- Lemon juice
- Salt
- Black pepper



Instructions :

1. Drain the sardines and place them in a bowl .
2. Gently mash the sardines with a fork .
3. Add mayonnaise and lemon juice ,then mix until creamy .
4. Stir in chopped celery and red onion .
5. Season with salt and black pepper .
6. Place fresh greens on a plate and spoon the sardine mixture on top .
7. Let the salad rest for 5 minutes before serving for better flavor .