



Sardine Green Salad



2 Servings



10 minutes

Ingredients :

- Canned sardines
- Mixed green salad leaves
- Cherry tomatoes
- Celery
- Red onion or shallots
- Fresh parsley or dill
- Olive oil
- Lemon juice
- Dijon mustard
- Salt
- Black pepper



Instructions :

1. Wash and dry the green salad leaves, then place them in a large bowl .
2. Slice the cherry tomatoes , celery , and red onion , and add them to the bowl .
3. Drain the sardines and gently break them into bite -sized pieces .
4. Add the sardines to the salad mixture .
5. In a small bowl , mix olive oil , lemon juice , Dijon mustard , salt , and black pepper .
6. Pour the dressing over the salad and toss gently until everything is coated .
7. Sprinkle fresh herbs on top and serve right away .