



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



2 Servings



10 minutes

Ingredients :

- Canned sardines in olive oil
- Mixed salad greens
- Cherry tomatoes
- Cucumber
- Red onion
- Olive oil
- Lemon juice
- Salt
- Black pepper



Instructions :

1. Drain the sardines and gently break them into large pieces .
2. Wash and dry the salad greens , then place them in a large bowl .
3. Slice the cherry tomatoes , cucumber , and red onion , and add them to the bowl .
4. Add the sardines on top of the vegetables .
5. Drizzle olive oil and lemon juice over the salad .
6. Season with salt and black pepper .
7. Toss gently until everything is well combined and serve immediately .