



Sardines in a Citrus Salad



2 Servings



15 minutes

Ingredients :

- Canned sardines in olive oil, drained
- Orange, peeled and sliced
- Grapefruit, peeled and segmented
- Mixed salad greens
- Red onion, thinly sliced
- Fresh parsley or dill, chopped
- Olive oil
- Lemon juice
- Salt
- Black pepper



Instructions :

1. Add the mixed greens to a large serving bowl.
2. Arrange the orange slices and grapefruit segments over the greens.
3. Gently place the drained sardines on top, keeping them whole if possible.
4. Sprinkle red onion and fresh herbs evenly over the salad.
5. Drizzle olive oil and lemon juice over everything.
6. Season with salt and black pepper to taste.
7. Let the salad rest for five minutes before serving so the flavors blend.