

Eat The View



Recipes and Tips

Sardine Salad

2 servings

1 tablespoons finely chopped red onion, shallot or spring onion

1 ½ tablespoons lemon juice, plus more as needed

salt

1 tin sardines packed in olive oil

1 ½ teaspoon mustard

1 celery stalk, finely chopped

Black pepper

1 tablespoons capers (optional)

1 tablespoon dill or parsley leaves and tender stems (optional), chopped

In a medium bowl, stir together the red onion, lemon juice and a pinch of salt. Let sit about 5 minutes to mellow the onion's sting if not using spring onion.

Add the sardines and their oil, along with the mustard. Use a fork to mash the sardines and vigorously stir until the mixture is creamy. Add the celery, a few grinds of pepper, and capers or herbs, or a combination, if using. Stir to combine. Taste and adjust seasonings with salt, pepper and lemon juice.