

# Crunchy Salad with **Flaked Sardine Flake** **Escale à Shanghai**



2 people

20 min preparation time

cooking time

## All ingredients

- 1 tin of 80g** la belle-iloise Escale à Shanghai Flaked Sardine
- 1 handful** of bean sprouts
- 1/4** cucumber
- 1 small** carrot
- 1** spring onion
- 1 pinch** ginger powder
- 1 teaspoon** honey, soy sauce and sesame oil
- 1 tablespoon** sunflower oil

## Steps

- 1- Cook the white rice according to pack instructions
- 2- Soak the bean sprouts in cold water while you prepare the salad
- 3- Thoroughly wash the cucumber, peel the carrot and grate them
- 4- Wash and finely chop the coriander and lettuce
- 5- Wash and chop the tomato and spring onion
- 6- Pour the honey, soy sauce and ginger into a bowl and mix well. Add the sesame oil and sunflower oil one at a time
- 7- Pour all the ingredients into a bowl and mix well
- 8- Add the drained bean sprouts and serve chilled