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 Shanghaï 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