

# Sardine Tabbouleh



2 people

10 min preparation time

cooking time

## All ingredients

- 1 tin of 115g** la belle-iloise Lemon & Olive oil Sardines
- 2 small** tomatoes
- 1/4** red onion
- 100g** pre-cooked medium semolina
- 1/2** lemon juice
- 2 pinches** of salt
- A few fresh** mint or coriander leaves

## Steps

- 1- Open the tin of sardines and set aside 2 for presentation
- 2- Mix the semolina with the sardine oil and salt
- 3- Add the diced tomatoes, lemon juice, remaining coarsely crushed sardines and chopped herbs
- 4- Leave to cool (the semolina will swell with the water from the tomatoes)
- 5- After 30 minutes, stir with a fork and chill for at least another 60 minutes
- 6- Stir again before serving. Don't hesitate to taste to make sure the semolina no longer crunches under your teeth