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