

Potato and Sardine Salad

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This yummy salad combines roasted potatoes with freshly baked sardines and a simple creamy dressing made from onion, mayonnaise and garlic. Serve it up at a family lunch or as a tasty do-ahead dinner.

Ingredients:

1 kg jersey royal potatoes (or similar)
12 fresh sardines
1 small onion
1 tbsp. dried herbs
1 tbsp. mayonnaise
2 tbsp. lemon juice
1 garlic clove
Salt and pepper
Small handful fresh parsley

Directions:

1. Halve the potatoes and drizzle with half the oil, then sprinkle with salt and pepper. Place into the bottom of a cold oven, and roast for 30 minutes or so until golden brown.
2. Meanwhile, toss the sardines with the rest of the oil, the herbs and some salt and pepper. Put into the oven for the last ten minutes of the potato cooking time, turning once during cooking.
3. Make the dressing by finely chopping the onion and parsley and mincing the garlic clove before mixing with the mayo and lemon juice.
4. Mix the cooked potatoes, sardines and dressing together whilst still warm and serve.

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