

Red Salad with Sardines & Preserved Lemon

A tasty salad high in antioxidants, EFAs and lycopenes. A beneficial salad for men, especially those with prostate problems. Marinating fresh fish in lemon juice or apple cider vinegar is a healthy alternative way to 'cook' fish without using heat and oil.

4 cans sardines in spring water or
400g (13oz) fresh filleted sardines

Marinade

200ml (6 fl oz) lemon juice

½ preserved lemon, finely diced, or
grated zest of 1 lemon

2 tbsp (2⅔ tsp) cold-pressed extra
virgin olive oil

1 tbsp (4 tsp) apple cider vinegar

Salad

1 tomato, finely chopped

1 carrot, grated

½ red onion, finely chopped

1 cup celery, finely diced

1 raw beetroot, grated

1 tbsp (4 tsp) fresh oregano

1 tbsp (4 tsp) fresh flat leaf parsley

1 tbsp (4 tsp) fresh chives

Option

400g (13oz) fresh mackerel or 425g
(13½oz) canned mackerel in spring
water can be substituted for the
sardines

Combine all marinade ingredients. Layer sardines in a large, shallow dish. Pour over marinade. Cover dish with cling wrap and refrigerate for several hours. If using fresh sardines, the fish needs 12 hours to 'cook' in the fridge. Combine all salad ingredients in a bowl just before serving, and top with marinated drained sardines.

Serves 4



This recipe is from *Very Wellness*
by ANTA life member Val Allen.

For more information visit
pnmc.com.au/verywellness.html