

# Sardine, Asparagus and Egg Salad

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*This light and delicious salad really makes the most of some wonderful ingredients - sardines, asparagus and free range eggs. Make this dish during the British summer so that the asparagus is at its very best.*

## Ingredients:

200g tin sardines in oil, drained  
200g asparagus, woody ends snapped off  
2 large hard boiled eggs  
400g mixed salad leaves  
Handful cherry tomatoes  
Small handful pitted black olives  
1 garlic clove, peeled and minced  
2 tbsp. extra-virgin olive oil  
2 tbsp. red wine vinegar  
1 tsp. wholegrain mustard  
1/4 tsp. dried tarragon  
Salt and pepper

## Directions:

1. Whisk together oil, vinegar, mustard, tarragon, salt, pepper and garlic clove. Set to one side.
2. Cook the asparagus in boiling salted water for 3 minutes, then drain and refresh under cold water.
3. Slice the eggs. Divide the salad leaves between two bowls. Top with cooked asparagus, sardines, eggs, tomatoes and olives. Drizzle with the dressing.

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