

Smoky artichoke & sardine salad

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Smoked paprika and sherry vinegar add Spanish flair to the dressing of this artichoke and sardine salad.

Try this salad for a take-along lunch. To keep the salad greens from getting soggy, pack the greens, salad toppings and dressing in separate containers and toss them together just before eating.

Ingredients (serves 1)

- ½ cup extra-virgin olive oil
- 3 tbsp sherry vinegar
- 1 large shallot, minced
- 1 tsp Dijon mustard
- 1 tsp smoked paprika
- 1 tsp salt
- 1 tsp freshly ground pepper
- 3 cups mixed greens
- ½ cup canned artichoke hearts, rinsed (or fresh prepared)
- 60 g canned sardines
- ¼ cup sliced red onion

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METHOD

Place oil, vinegar, shallot, mustard, paprika, salt and pepper in a blender or a jar with a tight-fitting lid; blend or shake until well combined.

Place greens in an individual salad bowl; toss with two tablespoons of the dressing. (Refrigerate the remaining dressing.) Top the greens with artichoke hearts, sardines and onion.

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