Zesty Grilled Sardines with Fresh Green Salad

Whole grilled sardines paired with crisp mixed greens and a tangy lemon olive oil dressing for a nutritious, high-protein low-carb meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 8 whole fresh sardines, cleaned and gutted
- 2 tablespoons olive oil, divided
- 1 lemon, zested and juiced
- 1 teaspoon garlic powder
- Salt and black pepper to taste
- 4 cups mixed greens (arugula, spinach, romaine)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup thinly sliced red onion
- 1/4 cup cucumber, sliced thin
- 1 teaspoon Dijon mustard
- 1/2 teaspoon honey (optional, for dressing balance)
- Fresh parsley for garnish

Instructions

1. Preheat your oven's broiler to high and position the rack about 6 inches from the heat source.
2. Rinse sardines under cold water and pat dry with paper towels.
3. In a small bowl, mix 1 tablespoon olive oil, lemon zest, garlic powder, salt, and pepper.
4. Brush the sardines on both sides with the olive oil mixture.
5. Place sardines on a foil-lined baking sheet and broil for 4-5 minutes per side, until skin is crisp and fish is cooked through.
6. While sardines cook, prepare the salad: In a large bowl, combine mixed greens, cherry tomatoes, red onion, and cucumber.
7. In a small bowl, whisk together the remaining 1 tablespoon olive oil, lemon juice, Dijon mustard, honey (if using), salt, and pepper until emulsified.
8. Drizzle dressing over the salad and toss gently to coat evenly.
9. Serve the grilled sardines on a plate alongside the dressed salad and garnish with fresh parsley.

powered by dishgen