



## AIRFRYER POTATO & SARDINE SALAD (SERVES 2)

### INGREDIENTS:

- 400g pre-cooked salad potatoes
- 2 tin of sardines
- 200g low fat Greek yoghurt
- ½ tsp garlic puree
- 1 handful each of dill, coriander and parsley, roughly chopped
- 2 handfuls of salad leaves
- 1 red chilli chopped

for the pickled onions:

- 1 red onion sliced into rings
- 3 tbsp white wine vinegar
- 1 tsp salt
- 1 tsp sugar
- 1 tsp coriander seeds

### INSTRUCTIONS:

- Mix the pickled onions ingredients in a bowl together and leave for at least 30 minutes but longer if you can.
- Put your cooked potatoes in the airfryer with a couple of sprays of oil and cook for around 15 minutes on airfryer until crispy.
- mix the garlic puree into the yoghurt and then spread evenly on over two plates.
- Divide the herbs and leaves in the same way.
- Remove sardines from the tin and remove any excess oil. Scatter a can each over the leaves and herbs.
- Once the potatoes are cooked repeat the same process with them.
- Drain the pickling liquor from the onions and dress the top of the salad with these.
- It's ready to go!

450cals 33g P 43g C 15g F