



## QUINOA SALAD WITH MEDITERRANEAN SARDINES & FENNEL

Recipe created for Crown Prince by Chef Jan Tang, Orange Blossoms Catering

### *Ingredients:*

- 1 can **Crown Prince Natural Mediterranean Sardines**, drained
- 1 cup quinoa
- 2 cups low sodium chicken or vegetable stock
- 1 small fennel bulb, halved and thinly sliced
- ¼ cup chopped fresh mint
- 1 lemon, juiced
- 2 tablespoons olive oil



### *Directions:*

Place quinoa in a fine mesh strainer and thoroughly rinse until water runs clear; drain well. Place rinsed quinoa into a small saucepan and add two cups of chicken or vegetable stock. Place saucepan over medium high heat and bring to a boil. Reduce heat to low and simmer, covered, for 20-25 minutes, or until quinoa has absorbed all or most of the liquid. Remove from heat and transfer quinoa to a fine mesh strainer and allow it to cool completely.

Combine remaining ingredients together in a large mixing bowl. Add the cooled quinoa and gently toss together. Place onto a serving dish and serve chilled or at room temperature. This dish can be made up to 3 days in advance.

Serves 4