

LIFE'S KITCHEN

A LOVE OF FOOD &
A SENSE OF OCCASION

RECIPE OF THE MONTH - MAY 2018

HOT SMOKED SALMON SALAD

Serves 4

Something light if you're looking to get in shape for summer



INGREDIENTS

250g new potatoes halved
200 grams of broccoli
One bag of mixed salad leaves,
(to include watercress)
Bunch of mint and parsley chopped
100g Radish thinly sliced
4 x Hot smoked salmon steaks,
skin and brown meat removed
½ a small red onion
100g Soya beans

Dressing:

2 tbsp lemon juice
85 ml olive oil
1 x tsp whole grain mustard
1 x red chilli

METHOD

Boil the potatoes in salted water for 10 mins or until tender, adding the broccoli for the final two minutes of cooking. Drain and allow to cool. Whisk together the salad dressing ingredients then season to taste.

In a large bowl, toss together the potatoes, broccoli, soya beans, salad leaves, herbs and radishes. Add two-thirds of the dressing, thoroughly mix through the salad, then spread the salad over a large platter.

Break the hot-smoked salmon into large chunks, then scatter over the top along with the sliced red onion. Finish by pouring remaining dressing over the top.

Enjoy!