

# Avocado, mizuma & smoked salmon salad with sweet soy



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**Preparation** about 20 minutes

(+ cooling time)

**Cooking** about 5 minutes

**Serves** 4

75g mizuma leaves

2 ripe avocados, peeled and cut lengthways into wedges

2 Lebanese cucumbers, thinly sliced

200g sliced smoked salmon

### Sweet soy dressing

1/4 cup salt reduced soy sauce

1/4 cup mirin

1 tsp sesame oil

2 tbs brown sugar

2 green onions (shallots), trimmed and sliced diagonally

1. To make sweet soy dressing, combine soy sauce, mirin, sesame oil and brown sugar in a small saucepan over medium heat. Bring to the boil. Simmer for 1 minute. Remove from heat and stir in green onions. Set aside to cool.
2. Arrange mizuma leaves, avocado, cucumber and smoked salmon on serving plates. Drizzle with sweet soy dressing and serve.



### Avocados

- Avocados contain fat, but it's 'good' unsaturated fat that contains some essential fatty acids needed for healthy membranes around all body cells.
- The richest source of vitamin E among fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy condition.
- A good source of vitamin B6. This vitamin has many functions, one of which is to help the body use the amino acids from proteins in muscles.