

Crunchy greens & smoked salmon salad

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Preparation 20 mins | Serves 4

100g baby Asian salad leaves
2 green onions (shallots), trimmed and thinly sliced
2 celery sticks, thinly sliced
2 Lebanese cucumbers, cut lengthways into thin ribbons
1 baby fennel, trimmed and very thinly sliced
300g hot-smoked salmon, skin and bones removed and roughly flaked
micro-herbs, to serve (optional)
Rye bread, to serve

Lemon & caper yoghurt dressing:

½ cup thick natural Greek-style yoghurt
2 tbs lemon juice
2 tbs baby capers, rinsed, drained and roughly chopped
2 tbs finely chopped chives

STEP 1 Arrange salad leaves, green onions, celery, cucumbers, fennel and salmon on a large serving plate. Scatter with micro-herbs if using.

STEP 2 To make dressing, combine all ingredients in small bowl. Season with salt and pepper. Mix until smooth.

STEP 3 Serve salad with the dressing and rye bread.

Good for you...

LEBANESE CUCUMBER

A good source of vitamin C. One of the many functions of vitamin C is the normal formation of collagen which is important for healthy teeth, gums and skin.

