

Salad greens & smoked fish salad



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Preparation: about 20 minutes

Serves: 4

100g mizuma, Asian baby salad greens or baby spinach leaves

2 green onions (shallots), thinly sliced diagonally

2 tbs baby capers, rinsed and drained

2 celery sticks, thinly sliced diagonally

2 Lebanese cucumbers, thinly sliced diagonally

50g snow pea sprouts

400g cooked smoked fish*, skinned, boned and flaked

Extra virgin olive oil

Lemon wedges, to serve

Sliced rye bread, to serve

1. Place mizuma, salad greens, green onions, capers, celery, cucumbers, snow pea sprouts and smoked fish in a large bowl.
2. Drizzle salad with extra virgin olive oil. Serve with lemon wedges and sliced rye bread.

*Cooked smoked mackerel, trout or salmon is ideal. Find smoked fish in the refrigerator in large supermarkets.



Baby spinach

- Spinach is rich in an antioxidant called lutein, which is needed by the eyes, especially as we grow older.
- Spinach is an excellent source of dietary fibre, which keeps the intestine functioning well.
- Although the iron in spinach is not well absorbed, its high content of vitamins C, E, beta carotene (converts to vitamin A in the body), niacin (B3) and folate make it one of the most valuable vegetables.