

Avocado, spinach & smoked salmon salad



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Preparation: about 20 minutes
(+ cooling time)

Cooking: about 5 minutes

Serves: 4

- 100g baby spinach leaves
- 2 ripe avocados, peeled and cut lengthways into wedges
- 2 Lebanese cucumbers, very thinly sliced lengthways
- 200g sliced smoked salmon

Sweet Soy dressing

- ¼ cup salt reduced soy sauce
- ¼ 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. Bring to the boil over medium heat, and cook for 1 minute. Remove from heat and stir in green onions. Set aside to cool.
2. Arrange spinach leaves, avocados, cucumbers and smoked salmon on a serving platter or 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.