

Watercress, green apple & smoked salmon salad

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Preparation 20 mins | Serves 4

This simple salad is delicious served as a starter or light lunch.

- 1 Granny Smith apple
- 1 bulb fennel, trimmed (reserve fronds)
- 3 cups (350g) watercress, picked & washed (about 1 small bunch)
- 200g sliced smoked salmon
- 1 tbs capers, drained and rinsed
- Rye bread, to serve

Buttermilk, chive & lemon dressing:

- ½ cup buttermilk
- 2 tbs lemon juice
- 1 garlic clove, crushed
- 2 tbs finely chopped chives
- 1 tbs olive oil

STEP 1 To make the dressing, combine all ingredients in a screw-top jar. Season with salt and pepper to taste. Shake until well combined.

STEP 2 Using a V-slicer or sharp knife, very thinly slice apple and fennel. Arrange apple, fennel, watercress and smoked salmon on a serving platter. Scatter with reserved fennel fronds. Drizzle with buttermilk dressing and serve with rye bread.

Good for you... **APPLES**

A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep us – and especially kids – regular. Good source of vitamin C. Among its many functions, vitamin C contributes to healthy gums. Low GI which means the natural sugars in apples are digested slowly, releasing energy gradually.

