

Summer salmon salad

Serves 4

Dressing

2tsp soy sauce

3tsp lime or lemon juice

1tsp fine brown sugar

2 handfuls of mixed lettuce leaves

handful of baby spinach leaves

handful of cherry tomatoes, halved

½ cucumber, peeled and sliced into ribbons

1 tin salmon, drained and flaked

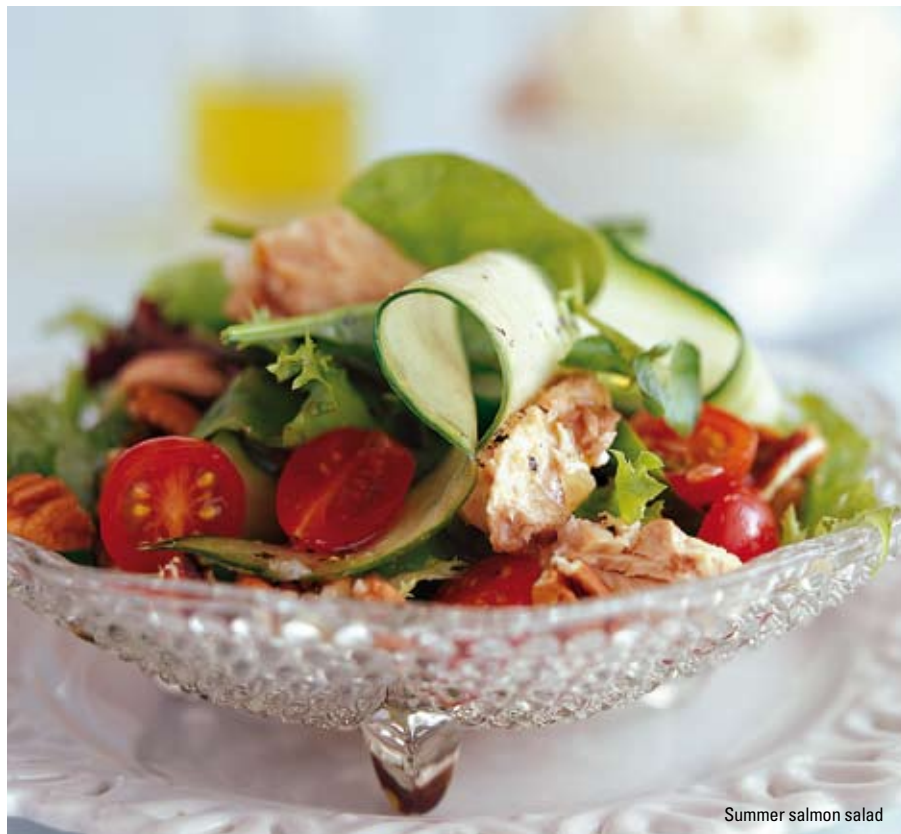
1 mango, peeled and cubed

1 red onion, thinly sliced into rings

50g walnuts, halved

- 1 Prepare the dressing first by whisking all the ingredients together in a bowl. Set aside.
- 2 Then arrange the lettuce and spinach leaves with the cherry tomatoes and cucumber ribbons on four serving plates or a big salad bowl.
- 3 Arrange the salmon on top of the salad. Add the mango, onion rings and walnuts. Drizzle with the dressing and serve immediately.

Fat	11g	Carbs	11g	Energy	172kcal
Protein	9g	Sodium	.3g	Fibre	1g



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