

Smoked Salmon Salad with a Herby Dressing

Ingredients

- 2 x cooked hot smoked salmon fillets
- 100g garden peas fresh or frozen
- 120g cherry tomatoes
- 120ml coconut yoghurt
- 1 lemon
- 1 tbsp oil
- 200g baby white potatoes
- 20g capers (optional)
- 300g courgette
- 40g watercress, spinach & rocket mix
- Handful of fresh dill



Method:

1. Boil a kettle. Cut the baby white potatoes into quarters and defrost the peas in microwave. Place the potatoes into a saucepan with a pinch of sea salt, cover with boiling water and add a pinch of sea salt. Simmer for 15 mins until the potatoes have softened. In the last 2 mins, add the peas. Then drain.
2. Meanwhile, remove the ends of the courgette. Using a peeler, make long thin ribbons from the courgette. Place in a bowl with a pinch of sea salt and mix well (to soften the courgette).
3. Cut the cherry tomatoes in half. Finely chop the dill.
4. Remove the courgette from the sieve and gently squeeze out any excess water.
5. In a bowl, mix together the coconut yoghurt, the juice from half of the lemon and the dill. Then add the potatoes, peas and the courgette ribbons. Season with sea salt and black pepper to taste and combine well.
- 6.

6. Place the smoked salmon in foil and bake in the oven for 10-12 mins until hot.

7. Arrange the watercress salad on two warm plates. Top with the potato salad and flake the salmon into small pieces over the top. Arrange the cherry tomatoes around the plate. Sprinkle over the capers and squeeze over the remaining lemon juice.