

SALMON AVOCADO SALAD

PREP TIME: 10 MINS | COOK TIME: 18 MINS | SERVINGS: 2

INGREDIENTS

- 8 oz skinless salmon fillet
- 6 fresh mint leaves, finely chopped
- Salt and freshly ground black pepper
- 8 cups mixed salad leaves
- 1/2 red onion, sliced thinly
- 1 avocado, peeled and sliced
- 3 cup cooked baby potatoes, quartered (optional)
- Toasted sesame seeds to garnish

Dressing:

- 4 tbsp almond yogurt
- 2 tbsp apple cider vinegar
- 2 fresh mint leaves
- 1/2 tsp mustard
- 1 tsp honey/maple syrup

PER SERVING

CALORIES: 525 KCAL
 PROTEIN: 31 G
 CARBS: 45 G
 FATS: 27 G

DIRECTIONS

1. Preheat the oven to 400°F|200°C. Meanwhile boil the baby potatoes until cooked.
2. Place the salmon fillet on a baking tray and bake in the oven for 16-18 minutes until just cooked through. Remove from the oven and set aside – the salmon is equally nice hot or cold in the salad.
3. In a small bowl, mix the yogurt, vinegar, mint, honey and salt & pepper together and leave to stand for at least 5 minutes to allow the flavors to develop.
4. Arrange the salad leaves on a serving plate and top with the avocado and onions. Sprinkle sesame seeds. Flake the salmon over the top and finally drizzle the dressing all over. Serve and enjoy! (Refrigerate 1 portion with separate dressing for next day's lunch).