



**READY TO COOK**  
BY HARRIS FARM

# SMOKED SALMON WITH HORSERADISH AVOCADO MASH AND SOFT-BOILED QUAIL EGGS



PREP  
**20 min**



COOK  
**15 min**



SERVES  
**4**

## INGREDIENTS:

- > 200g Smoked Salmon
- > 4 Slices Sourdough Bread
- > 1 Avocado
- > 1 Tbsp Horseradish
- > 12x Quail Eggs (130g)
- > 1 Asparagus Bunch
- > 125g Alfalfa
- > 1 Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

# METHOD - GET COOKING!



**1** Bring a small pot with water to the boil and a griller to high heat. Place the avocado, horseradish, lemon juice, salt and pepper into a blender. Blitz until just combined.

Cut the bottom ends off the asparagus and cook in the boiling water for 1-2 minutes or until soft. Remove and cool with icy water. Season with salt, pepper, and a drizzle of olive oil. Set aside.

**2** Meanwhile, cook the quail eggs in the boiling water for 2½ minutes. Remove and place straight into a bowl with icy water. When cool, carefully peel the eggs, cut in half lengthways. Set aside.

**3** Brush bread slices with olive oil and cook them on the grill for approximately 1 minute until charred.

Layer the alfalfa on a platter, add the smoked salmon, soft-boiled quail eggs, and asparagus.

**4** Serve with avocado horseradish dip, a squeeze of lemon juice, and grilled sourdough bread slices.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover alfalfa in salads or wraps.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

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