



LIGHT & HEALTHY SMOKED SALMON SALAD: PERFECT FOR LUNCH

Feeds 2

This Smoked Salmon combines the rich flavours of smoked salmon with fresh vegetables, herbs, and the creamy texture of avocado. It's a delightful choice for a healthy and light lunch. The vibrant colours of cherry tomatoes, corn salad, baby spinach, fresh mint, and basil, along with the addition of avocado, not only make this salad visually appealing but also pack it with nutrients. Perfect for those looking for a satisfying yet light meal, this recipe is both simple to prepare and delicious.

- Prep time: 10 minutes
- Servings: 2

Ingredients:

- 200 grams of Goldstein smoked salmon, sliced
- 2 cups baby spinach
- 1 cup cherry tomatoes, halved
- 1 cup corn salad (mâche)
- 1 ripe avocado, peeled, pitted, and sliced
- 1/4 cup fresh mint leaves, chopped
- 1/4 cup fresh basil leaves, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

- **Prepare the Ingredients:** Wash the spinach, cherry tomatoes, corn salad, mint, and basil. Pat them dry. Slice the avocado just before assembly to prevent browning.
- **Assemble the Salad:** In a large salad bowl, combine the spinach, cherry tomatoes, corn salad, and sliced avocado.
- **Add Herbs and Goldstein Smoked Salmon:** Sprinkle the chopped mint and basil over the greens. Top with slices of smoked salmon.
- **Dressing:** In a small bowl, whisk together olive oil, lemon juice, salt, and pepper. Drizzle this dressing over the salad.
- **Serve:** Toss gently to combine everything. Serve immediately for the best freshness and flavour.

Pairing Suggestions:

This salad pairs wonderfully with a crisp white wine, such as Sauvignon Blanc or a light Chardonnay. For a non-alcoholic option, consider a chilled glass of lemon-infused sparkling water to complement the fresh flavours of the salad.

Enjoy this refreshing and healthful salad as a standalone meal or as a sophisticated starter for a larger gathering.