

Smoked Salmon & Zesty Salad

Always leave smoke salmon out of the fridge at room temperature for at least ten minutes prior to serving. This will give a better flavor to the salmon. The rocket will add a nice peppery feel with the acidic flavor of the lime complimenting it really well. Arrange and present this recipe anyway you feel comfortable with. The orange segments are a burst of juicy flavor toned down by the crème fraiche as you make your way through the fantastic natural smoked salmon and salad. The smooth tasty rapeseed oil carries the citrus flavor excellently.

Serves: 4

Ingredients

8 Slices Smoked Salmon

60ml Crème Fraiche

Dressing

1 Limes, Zest and Juice

1 Orange Zest, Juice & Segments

2 Tablespoons Donegal Rapeseed Oil

Freshly Ground Black Pepper

Salad

Rocket Lettuce

Red Onion

Orange Segments

10 g Toasted Pine Nuts

Method

Dressing - Zest and juice both the lime and orange, segment orange pieces and leave aside. Mix juice zest and oil and season with freshly ground black pepper.

Salad - Wash and spin dry rocket leaves. Slice red onion into thin rings. toast pine nuts in dry pan. Mix and arrange orange segments on top of rocket. Mix with onion rings.

Salmon - Lay salmon slices flat across plate and serve salad at side of plate. Drizzle dressing over salad and a little over salmon and garnish with a spoon of crème Fraiche.

Brian's Tips



Serve with a slice of my healthy Brown Bread.

