

# SALMON & PRAWN SALAD

## INGREDIENTS (SERVES 2 TO 3 PEOPLE)

300g	Fresh Salmon (Skin on)
300g	Fresh Prawns
2	(Your choice) Heads of lettuce
2	Lemons
150g	Vine Cherry Tomatoes
½	Red Onion
½	Avocado
500g	Feta Cheese
150g	Black Olives
6	Eggs
200 mls.	Rapeseed Oil
50g	Sundried Tomatoes
250g	Butter
	Salt and Pepper

## METHOD - PREPARATION

1. Slice vine tomatoes
2. Slice red onions
3. Cut avocado into cubes
4. Cut Feta into cubes
5. Cut olives in half
6. Slice salmon into thinner pieces.
7. Roughly cut up the lettuce
8. Place everything in a bowl and season with salt and pepper.

## QUICK EASY DRESSING

1. Place rapeseed oil, juice of one fresh lemon and salt and pepper and mix together

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## THE PERFECT BOILED EGGS

1. Put 6 eggs in a pot of cold water
2. Bring to the boil and cook for 5 mins
3. Take off the heat and place a cover over the pot for 18mins
4. Refresh under cold water for 5 mins
5. Deshell the eggs

## PUTTING THE DISH TOGETHER

1. In a hot pan fry the salmon and prawns together with a little rapeseed oil. Season with salt and pepper.
2. Quickly add the dressing to the salad and mix altogether.
3. Arrange salad on plate's and add the cooked prawns and Salmon
4. Put a few sundried tomatoes on the salad and drizzle a little more dressing over the salad
5. Cut the boiled eggs in half and place on plate
6. Enjoy with a nice glass of Sauvignon Blanc

## VIDEO

Prefer step by step video? No problem, just click below.



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