

Hot Smoked Salmon Nicoise

100g green beans, trimmed and microwaved / steamed until just tender
1 small red onion, sliced thinly
2 spring onions, finely sliced
4 medium tomatoes, cut into wedges
100g mesclun salad mix
3 hard boiled eggs, quartered
3 Tbspns drained capers
½ cup Kalamata olives
1 fillet hot smoked AKAROA salmon

Dressing:

½ cup lemon juice
1 Tbspn wholegrain mustard
2 cloves garlic, crushed
2 tspns sugar
½ tspn salt

Cut beans in half. Combine beans with remaining ingredients in a large salad bowl. Break smoked salmon into small chunks and add. Mix dressing ingredients together and pour over salad. Toss gently to combine. For extra flavour, some sweet chilli sauce could be added to the dressing.

Health Benefits of Salmon:

- A rich source of Omega 3 fatty acids (currently deficient in NZ diet).
- An excellent source of high quality protein
- Rich in fat soluble vitamins A & D
- A good source of vitamin B12
- Protective against heart disease
- A source of iron and calcium