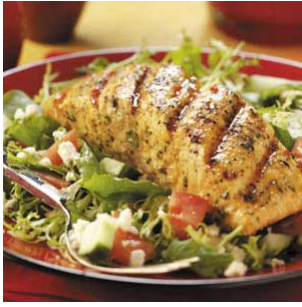


Salmon Feta & Avocado Salad



Recipe By FoodieBook

Ref: 335

Heading: Salads

Cuisine: Greek

Food Type: Seafood

No of Portions: 4

Ingredients & Prep

500 g Salmon fillets skinless sliced into chunks

300 g Lettuce leaves washed & dried

120 g Feta cheese crumbled

16 Black olives sliced (optional)

200 g Cucumber med diced

2 Tomatoes diced

1/2 Red onion halved & finely sliced

1 g Avocado sliced

2 tbsp Olive oil for frying

Marinade & Dressing

4 tsp Olive oil

1 tbsp Lemon juice

1 tbsp Red wine vinegar (optional)

1 tbsp Fresh parsley chopped

1 Garlic clove grated

1/2 tsp Oregano dried

1/2 tsp Salt

1/2 tsp Black pepper freshly ground

Garnish

1 Lemon quartered

2 radish sliced

Suggestion & Tips

You can use other types of fish or prawns if you wish.

Method

Step 1 - Place all marinade/Dressing ingredients in a tall jar & blitz with a stick/hand blender or whisk in a bowl.

Step 2 - Place the salmon chunks in a bowl & pour half of the Marinade/Dressing mix over them & coat the salmon & leave for 20 mins. Keep the other half of the marinade/dressing for the salad later.

Step 3 - Place lettuce, feta cheese, cucumber, tomato, red onion, & avocado, in a serving bowl.

Step 4 - Fry salmon in a frying pan on a med heat in the olive oil, cook to you liking, turn off the heat & set aside.

Step 5 - Dress the salad with the remaining marinade/dressing carefully mixing all together, place cooked salmon chunks on top & the garnish.