



Crushed Cucumber Salad With Salmon

Serves 2

For the salad:

- 1 red bell pepper, chopped
- 1 cucumber, crushed, chopped
- 1 garlic clove, sliced
- fresh coriander, chopped
- 6 oz. (180g) hot smoked salmon fillets

For the dressing:

- 1 lime, juiced
- 1 tbsp. fish sauce
- 1 tbsp. rice wine vinegar
- 1 tbsp. sesame oil
- 1 tbsp. black sesame seeds

What you need to do

1. Roughly chop the red bell pepper and place in a bowl. Using a meat mallet or a rolling pin, smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.
2. Mix all the dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.
3. To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.

Note: Use as much or as little coriander as you like.

GF DF LC HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	323	23	10	23

*Nutrition per serving

