

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

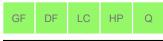
1 tbsp. sesame oil

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.



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

^{*}Nutrition per serving



