

Smoked Salmon, Avocado & Cottage Cheese Breakfast Platter

Serves 4

1 cucumber

7 oz. (200g) smoked salmon

1 avocado

1/2 cup (110g) cottage cheese

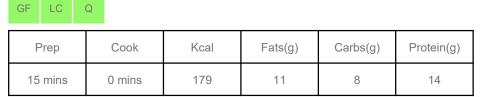
1 tsp. dried dill

salt and pepper

2 tbsp. apple cider vinegar

What you need to do

- 1. Peel the cucumber lengthwise into ribbons. Place in a bowl, and pour over 2 tablespoon of apple cider vinegar, season with salt and mix to combine. Set aside.
- 2. Divide the salmon, avocado flesh and cottage cheese between plates. Place the earlier prepared cucumber on the side and drizzle the platter with some of the cucumber juices.
- 3. Sprinkle with dill and season to taste with salt and pepper. Serve immediately.



*Nutrition per serving



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