THE LIGHTER PLATE METHOD

Smoked Salmon & Avocado Rye Toast

Cool avocado and silky salmon on dark rye, sharpened with lemon and dill.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**0 min**	**8 min**	**2**	**EASY**

Ingredients

- 4 slices rye bread
- 100 g smoked salmon
- 1 ripe avocado
- 0.5 lemon
- 2 tbsp capers (drained)
- 1 small handful fresh dill
- black pepper

Method

1. Toast the rye bread until firm at the edges.
2. Halve, stone and scoop out the avocado into a bowl. Add a good squeeze of lemon and mash roughly with a fork — keep some texture.
3. Spread the avocado over the toast, right to the crusts.
4. Drape the smoked salmon on top, scatter with capers and torn dill, then finish with black pepper and a final squeeze of lemon.

Tips & swaps

- Rye is dense, so slice it thinner than you would white bread. Mash the avocado at the last minute to keep it green.

Storage & reheating

Best assembled and eaten immediately — avocado discolours quickly.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**18g**	**28g**	**18g**	**8g**

Estimated values, for guidance only. Contains: Gluten, Fish.