THE LIGHTER PLATE METHOD

Smoked Salmon Salad with Green Goddess Dressing

A properly herby, creamy green dressing turns a simple salmon salad into something worth writing down.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**0 min**	**15 min**	**2**	**EASY**

Ingredients

- 120 g smoked salmon
- 100 g mixed salad leaves
- 1 avocado (sliced)
- 0.5 cucumber (sliced)
- 100 g natural yoghurt
- 1 small handful fresh basil
- 1 small handful chives
- 1 lemon (juiced)
- 1 tbsp olive oil

Method

1. Blitz the yoghurt, basil, chives, half the lemon juice and the olive oil in a small blender or with a stick blender until smooth and vividly green. Season to taste.
2. Arrange the salad leaves, cucumber and avocado on plates.
3. Drape over the smoked salmon and drizzle with the remaining lemon juice.
4. Spoon over the green goddess dressing to serve.

Tips & swaps

- Any soft herbs work here — try tarragon or dill in place of basil.
- Hot-smoked salmon flaked over the top makes this more filling if you want it as a main.

Storage & reheating

Best assembled fresh; the dressing keeps for 2 days in the fridge.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**20g**	**8g**	**24g**	**5g**

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