

Speedy Smoked Salmon

DF

This is probably the quickest and easiest recipe in this book. Smoked salmon fillets are great as they keep in the fridge for a while, so we suggest saving this recipe for those times when you are so busy you're tempted to get takeaways. In a record 7 minutes you can serve up a tasty omega-3-rich meal with a simple salad. With a bit more time you could always throw in some diced baby tomatoes and red onion.

Serves	4	Per serve	
Prep time	5 minutes	Carbs	6.1 g
Cook time	2 minutes	Protein	36.6 g
Difficulty	●●●	Fat	27.5 g
		Energy	422 Cal

INGREDIENTS

- 150 g cooked chorizo (2 large sausages)
- 1 tsp olive oil
- 2 baby cos lettuces, torn into bite-sized pieces
- 400 g smoked salmon (preferably cold-smoked, but hot-smoked will work fine too)
- ½ cup Kalamata olives, roughly chopped
- zest and juice of 1 lemon
- 1 tbsp extra virgin olive oil

METHOD

Slice the chorizo into ½–1 cm pieces.

Heat a pan over a medium heat until fairly hot, then add the olive oil and chorizo sausage slices and cook for 3–4 minutes until the sausage is showing signs of browning. Remove from the heat.

Lay the lettuce pieces on a plate. Place the salmon on the lettuce and sprinkle over the olives and chorizo. Drizzle with lemon juice and extra virgin olive oil and serve.

