

The Slug and Lettuce

SALMON & ASPARAGUS SALAD

Serves 1



INGREDIENTS

- 1 portion of salmon
- 20g rocket
- 60g cos lettuce
- 80g new potatoes
- 3 vine tomatoes
- 4 asparagus spears
- Drizzle of herb oil
- Drizzle of olive oil
- Serve with French bread

PREPARATION:

1. Cut the potatoes into even size pieces and put into boiling water and boil until they are just cooked (approx 10 minutes).
2. Refresh in cold running water to prevent over cooking.
3. Cut 2 slices of French bread.

METHOD:

4. Place the salmon portion in foil with a drizzle of olive oil. Bake in the oven at 180 degrees for 20 minutes.
5. Cook the asparagus on the char-grill from raw for approx. 3 minutes turning once.
6. Put all ingredients into a bowl with the hot asparagus, salmon and toss gently.
7. Empty into a clean salad bowl.
8. Brush the bread with olive oil and warm under a low grill for about 30 seconds.