



Atlantic Salmon & Asparagus Salad



Ingredients

2 x 160g can Princes Skinless & Boneless Atlantic Salmon in Brine

2 handfuls of watercress

4 asparagus spears, shaved lengthways

8 tsp ricotta

1 lemon

salt & pepper

1 handful of frozen peas

4 large eggs

olive oil

 Serves
4

 Prep
6 minutes

 Cooking
4 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
Per 100g	127Kcal	0.4g	7.8g	1.9g	0.51g
RI%	11%	0%	19%	17%	15%

Method

1. Grab a large serving plate and start by adding a layer of watercress.
2. Then shave lengths of asparagus using a potato peeler and add those to the salad.
3. Mix the ricotta with a squeeze of lemon, a grating of lemon zest and a pinch of salt a pepper, then dollop the ricotta randomly around the salad.
4. Defrost some peas and then add to the salad.
5. Bring a pan of water to the boil and gently poach 4 eggs for 4 minutes each by adding them to the water using a teacup and gently lowering them in.
6. Break up chunks of the Princes Atlantic Salmon and add to the salad. Add the poached eggs and serve with a drizzle of olive oil, and a pinch of salt & pepper.

