

SMOKED SALMON COBB

Time: 20 minutes

Serves: 4

Ingredients:

100g Greek yogurt
50g mayonnaise
15g fresh lemon juice
15g fresh baby dill - finely chopped
2g kosher salt
1 pinch fresh ground black pepper
160g spring mix (field greens)
200g smoked wild salmon - thinly sliced (lox)
1 ripe avocado - flesh only - cubed
40g blue cheese - crumbled
4 soft boiled eggs - halved

Preparation:

In a blender, combine yogurt, mayonnaise, lemon juice, dill, salt and pepper.

Toss the greens with the dressing.

Plate the greens topped with the remaining ingredients.

Serve immediately.

Nutritional Information Per Serving:

Calories: 331
Fat: 24g
Carbs: 7g
Fibre: 3g
Protein: 22g