

5 Minute Superfood Salmon Salad

Information

- Serves: 1
- Preparation time: 5 mins
- Cooking time: 0 mins
- Difficulty: Easy

Ingredients

- 1 cooked salmon fillet (see notes)
- 2 handfuls of baby spinach
- 2 handfuls of rocket
- 4 big sun-dried tomatoes, chopped
- 3 tablespoons of houmous (optional)
- 4 cherry tomatoes, halved (optional)
- 8 olives (my favourite are Kalamata)
- 2 tbsp mixed seeds
- 1/2 cup chickpeas, soya or kidney beans
- Basil-infused olive oil
- Salt & pepper to taste
- Chilli flakes (optional)

Method

1. Put the spinach and rocket on a plate, then add the tomatoes, beans and olives.
2. Place a few dollops of houmous around the edge of the plate (if using).
3. Add the salmon and sprinkle the seeds over everything.
4. Finally drizzle the oil over the whole lot, then season to taste. Et voila!

Notes

- I use salmon in this recipe because it's rich in healthy omega-3 fatty acids, which can help to raise your good cholesterol levels (HDL). But you can use anything really, as long as it's low in saturated fat, e.g. tuna, chicken or turkey.
- If I don't have any cooked meat to use, I'll leave it out, then double the amount of beans and add a bit more houmous instead. Beans are great at actively lowering cholesterol, so the more you eat, the better!