Salmon, Pea and Potato Salad

Serves: 8

Prep time: 20 minutes Cook time: 20 minutes



11/2 serves per portion

Ingredients

4 large fillets of salmon, skin off
700 grams Kipfler potatoes, skin on, diced
½ cup mayonnaise, reduced fat
½ cup Dijon mustard
½ cup lemon juice
2 cups sugar snap peas, thinly sliced
2 cups snow peas, thinly sliced
Pinch of black pepper
½ cup dill, finely chopped
½ cup chives, finely chopped
1 dill sprig to garnish



Everyday Food

Method

PREHEAT oven to 180°C.

PLACE salmon fillets on a baking tray and cook for 15 to 20 minutes. Once cooked, set aside to cool before flaking into segments with a fork.

PLACE potatoes in a saucepan of water and bring to the boil. Cook potatoes for 15 minutes or until easily pierced with a skewer.

COMBINE mayonnaise, mustard, and lemon juice, in a small bowl. Stir until well combined. If the mixture is too thick, add a dash of water or olive oil and stir to combine.

DRAIN potatoes and place in a mixing bowl.

ADD sugar snap and snow peas, pepper and dressing to the potatoes. Mix well.

GENTLY toss the flaked salmon with herbs and black pepper.

ADD salmon, dill and chives to the potato mixture and gently stir.

TRANSFER salad to a serving platter.

GARNISH with dill sprigs and serve immediately.

Recipe courtesy of Suzie van Laarhoven, Country Kitchens team







