

Salmon, Pea and Potato Salad

Serves: 8

Prep time: 20 minutes

Cook time: 20 minutes



1 ½ serves per portion

Ingredients

4 large skinless salmon fillets

700g white potatoes, skin on, chopped into chunks

½ cup reduced fat mayonnaise

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

Extra dill sprigs, to garnish

Method

PREHEAT oven to 180°C. Line a baking tray with baking paper.

PLACE salmon fillets on tray and cook for 15-20 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 for 15 minutes or until easily pierced with a skewer. Drain and place in a mixing bowl.

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.

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

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

TRANSFER salad to a serving platter. Garnish with dill sprigs and serve immediately.



Everyday Food

Recipe courtesy of Suzie van Laarhoven, Country Kitchens team