

SMOKED OCEAN TROUT SALAD

135gms Smoked Ocean Trout shredded to bite size pieces.

1 tbspn organic brined capers

2 tbspens sprouted lentils (optional)

1 cup baby spinach leaves or big handful English spinach leaves, washed and torn

½ cup broccoli florets or broccolini, lightly steamed.

½ cup finely sliced cucumber

1 tbspn low fat plain yoghurt or yoghurt cheese

Juice of ½ lemon

Freshly ground black or white pepper

Pinch celtic sea salt

Place all ingredients in a wide bowl. Top with yogurt and lemon juice and lightly toss. Have a look at how beautiful it looks, all green and pink and brown. Eat and enjoy.

You could add some steamed kipfler potato slices or sweet potato slices too.