

- Grilled Salmon and Cucumber Salad -

brunch+lunch > Grilled Salmon and Cucumber Salad



serves 2 and ready in about 20 minutes

Shopping LIST:

350g fresh salmon fillet, **2** small cucumbers, a handful of lettuce leaves.

For the dressing: **2tbsp** low-fat yogurt, juice of $\frac{1}{2}$ lemon and **1tsp** grated lemon zest, taste with freshly crashed *black pepper*.

Method:

- Grease a griddle pan with a little sunflower oil and heat over a high heat. After a few minutes, add **350g** fresh salmon fillet, and grill skin side down for **5-6** minutes, then turn the salmon over and fry for a further **2-3** minutes, or until cooked through.
- Peel and slice **2** small cucumbers, then combine with a handful of lettuce leaves and small pieces of salmon.
- For the dressing: combine **2tbsp** low-fat yogurt with juice of $\frac{1}{2}$ lemon and **1tsp** grated lemon zest, and then season to taste with freshly crashed black pepper.
- Serve the salad with the dressing on the side to drizzle over and lemon wedges to garnish.

"bon appétit"



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