

Broadbean and Salmon Salad

dairy-free gluten-free nut-free

This is a quick and easy salad that's bursting with flavour. It's a simple way to add some fish into your diet – Jessica Sapwell.

Serves: 5

Preparation time: 10 minutes

Ingredients

2 cups (500ml) frozen broad beans (or lima beans)
260g (2 x 130g) cans pink salmon, drained
2 cups (500ml) halved cherry tomatoes
½ cup (200g) chopped goat's feta cheese
1 cup (250ml) chopped rocket
½ cup (125ml) chopped flat-leaf parsley

Dressing

¼ cup (60ml) extra-virgin olive oil
Juice of ½ lemon
1 garlic clove, crushed
1 tsp fresh ginger, grated
Pinch of chilli flakes
¼ tsp (1ml) Himalayan pink rock salt
¼ tsp (1ml) freshly ground black pepper



Preparation

1. Prepare broad beans according to package directions. Drain well and let cool.
2. In a large bowl or container, toss together cooked broad beans, salmon, cherry tomatoes, feta, parsley and rocket.
3. In small bowl or jar, whisk together olive oil, lemon juice, garlic, ginger, salt and pepper. Pour dressing over bean salad and toss to coat.