

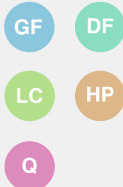
# CRUSHED CUCUMBER SALAD WITH SALMON



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
323 kcal  
23g Fats  
10g Carbs  
23g Protein



## WHAT YOU NEED

### **For the salad:**

- 1 red bell pepper, chopped
- 1 cucumber, crushed, chopped
- 1 garlic clove, sliced
- fresh coriander, chopped
- 6 oz. (180g) hot smoked salmon fillets

### **For the dressing:**

- 1 lime, juiced
- 1 tbsp. fish sauce
- 1 tbsp. rice wine vinegar
- 1 tbsp. sesame oil
- 1 tbsp. black sesame seeds

## WHAT YOU NEED TO DO

*Roughly chop the red bell pepper and place in a bowl. Using a meat mallet or a rolling pin, smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.*

*Mix all the dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.*

*To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.*

### **NOTE:**

*Use as much or as little coriander as you like.*

