



Hot-smoked salmon, double cress & potato salad platter

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

Ingredients

- ☐ 400 g baby potatoes
- ☐ 100 g green beans
- ☐ 12 quail eggs
- ☐ 2 salmon
- ☐ 5 spring onion trimmed
- ☐ 2 avocado
- ☐ 200 g watercress

- ☐ 1 head endive
- ☐ 1 garden peas trimmed
- ☐ 1 tbsp coarse mustard
- ☐ 1 tsp clear honey
- ☐ 3 tbsp apple cider vinegar
- ☐ 8 tbsp olive oil

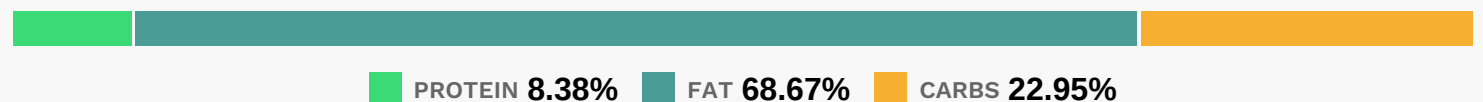
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To make the dressing, whisk all the ingredients together in a bowl with some seasoning or place them in a screwcap jar and shake well. Can be made up to 2 days in advance. Cook the potatoes in plenty of boiling water for 10 mins until just tender.
- ☐ Drain, cool slightly, then slice.
- ☐ While the potatoes are cooking, blanch the green beans in plenty of boiling water for 4 mins until cooked but still with a slight crunch, drain, refresh in iced water to stop them cooking further, then drain again. Cook the quails eggs for 3 mins.
- ☐ Drain, place under cold water, then peel and halve. Flake the salmon into large chunks into a bowl and slice the spring onions. All these jobs can be done in advance. Just before serving, halve, peel and slice the avocados.
- ☐ This is a layered salad rather than a tossed salad, so start by scattering the watercress and chicory over a platter. Scatter different handfuls at a time of all the other ingredients (but not the mustard cress) so that they are evenly distributed.
- ☐ Drizzle over two-thirds of the dressing, then strew over the mustard cress.
- ☐ Serve with the remaining dressing on the side.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:7.65, Inflammation Score:-9, Nutrition Score:21.39434762623%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 12.01mg, Kaempferol: 12.01mg, Kaempferol: 12.01mg, Kaempferol: 12.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg

Nutrients (% of daily need)

Calories: 293.44kcal (14.67%), Fat: 23.39g (35.98%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 10.63g (3.87%), Sugar: 2.32g (2.58%), Cholesterol: 115.09mg (38.36%), Sodium: 110.56mg (4.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Vitamin K: 234.02µg (222.88%), Vitamin A: 2339.71IU (46.79%), Vitamin C: 32.31mg (39.17%), Folate: 149.01µg (37.25%), Fiber: 6.95g (27.81%), Vitamin E: 3.87mg (25.81%), Manganese: 0.51mg (25.66%), Potassium: 795.23mg (22.72%), Vitamin B6: 0.38mg (18.92%), Vitamin B5: 1.75mg (17.51%), Vitamin B2: 0.29mg (16.83%), Phosphorus: 134.22mg (13.42%), Copper: 0.26mg (13.07%), Magnesium: 48.28mg (12.07%), Vitamin B1: 0.18mg (11.86%), Iron: 2.08mg (11.57%), Selenium: 7.4µg (10.57%), Vitamin B3: 2.08mg (10.38%), Calcium: 92.36mg (9.24%), Zinc: 1.23mg (8.19%), Vitamin D: 1.04µg (6.96%), Vitamin B12: 0.38µg (6.27%)