

Salmon - the heart of goodness

Salmon is high in omega 3 (this is the good oil), which is loaded with heart health nutrients. This is the same for other oily fish like eel, mackerel, sardines and tuna. Tinned salmon or tuna is still a good low cost option that also works well in this salad. Evidences show that there are lots heart health benefits preserved in tinned fish. For improved health benefits try to eat oily fish at least twice a week with regular physical activity. So **PUSH PLAY** with a brisk walk, or a run, or a day out playing with the kids. Then top off the day with a salmon salad for a happy heart.



Smoked salmon watercress, roast pears and walnut salad

(Serves family of 4 for side salad)

Ingredients

Salmon	200 grams
Kikkoman's low salt soya sauce	4 tablespoons
Honey	3 tablespoons
Watercress or salad greens	1 bunch
Walnuts fresh	5 tablespoons
Pears cored and diced	1 fresh raw
Baby potatoes	4 boiled and cut into quarters

Tip!

Fresh walnuts add extra fibre to a salad and are a great source of omega 3

Method for smoking fish, salmon or eel (home smoking or store bought optional)

1. Place fresh raw salmon on tray and rub in Kikkoman soya sauce
2. Rub the honey into the salmon and marinate in the fridge for no more than twenty minutes
3. Hot smoke the salmon in the smoker until just cooked, then let salmon cool until at room temperature
4. If not eating salmon after cooling to room temperature, refrigerate until you are ready to prepare and eat the salad

Method for salad preparation

5. Place walnuts on microwave dish and microwave on high for 1 minute, stir nuts then microwave for 1 more minute
6. Lightly brush pears with olive oil then place on oven tray
7. Place pears in pre heated oven at 180C, then roast for ten minutes, turn over pears and roast for a further 8 minutes
8. Wash and clean watercress, pick out tough stalks, then shake off any excess water
9. Put all ingredients in bowl, adding the smoked fish and lightly toss with dressing and pepper, then serve

For the dressing

Ingredients

Juice from lemon	½ lemon
Dijon mustard	1 tablespoon
Honey (optional)	1 teaspoon
Good oil e.g. canola or soybean	3 tablespoons

Method

Wisk all ingredients together in bowl

Tip!

This salad works well with smoked eel or kahawai. So grab the kids, **PUSH PLAY** and go fishing!