

CLOVER LEAF: Pieces of Sockeye Salmon, mango, Italian tomatoes, green soya beans, lemon oil salad dressing, fresh cilantro

Recipe for 4 persons



Description

Served in a pretty little black plate with straight sides, a mix of colorful salad made of Sockeye salmon, with lemony flavors.

Ingredients

Sockeye salmon salad

- 2 Can(s) Sockeye salmon clover leaf
- 1 Unit(s) Fresh mango
- 2 Unit(s) Italian tomatoes
- 125 Gr Edamame (soybeans)
- 4 Sprig(s) Fresh cilantro
- Salt and pepper
- Olive oil

Salad dressing

- 1 Tbsp Dijon mustard
- 25 Ml White balsamic vinegar
- 1 Unit(s) Lemon zests
- 150 Ml Olive oil
- Salt and pepper
- Olive oil

Preparation

- Preparation time **25 mins**

Set up

Cook the soya beans in a pot of hot boiling water for 3 minutes, then drain them and cool them down in an ice and cold water bowl. Pick the leaves of cilantro. Peel the mango and cut it in cubes. Dice the tomatoes Open and drain the canned salmon.

Lemon salad dressing

In a bowl, mix the mustard and vinegar, season, add the lemon zests. Using a whisk, stir in the olive oil.

The salad

Gather all the ingredients into a bowl, add the dressing and mix gently. Keep a few cilantro leaves to finish off the plate.

Bon appétit!