



Red Salmon, Caper and Rocket Salad

Serves 4

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon of warm water
- 2 tablespoons baby capers, rinsed, drained
- 415g can red salmon, drained, flaked
- 1/4 cup pitted kalamata olives
- 1 small capsicum (red or yellow), sliced
- 1/2 cup cherry tomatoes, halved
- 3 firmly packed cups wild rocket
- 6 soft-boiled eggs, halved
- 1 tablespoon parmesan cheese
- Salt and pepper to season

Method

Step 1: Combine olive oil, vinegar, lemon juice and 1 tablespoon warm water in a large bowl. Season to taste with sea salt and freshly ground black pepper.

Step 2: Add the capers, flaked salmon, olives, capsicum, tomatoes and rocket to the bowl and toss gently to combine. Divide among serving plates and top with the halved eggs and parmesan.

Nutritional Guide - Per Serve

Energy: 388cal	Carbohydrate: 3.4g
Protein: 37g	Sugars: 2.8g
Fat: 24.6g	Fibre: 3.5g
Saturated Fat: 6.3g	Sodium: 534mg

Are you on a 1200 Calorie Meal Plan?

Your calorie intake for lunch should be between 270-300cal

Does this recipe meet your meal requirements? **NO**

Recommendations:

- Increase serves to 5 to reduce portion size.

Total Calories:
300cal

Are you on a 1500 Calorie Meal Plan?

Your calorie intake for lunch should be between 370-400cal

Does this recipe meet your meal requirements? **YES**

Total Calories:
388cal