



**Brookdale**  
HEALTH HYDRO



# Smoked Salmon Salad

SERVES 4

## WITH CRISPY CAPERS

¼ cup	capers, drained, rinsed & dried
1 tsp	olive oil
80g	mixed salad leaves
¼ cup	mixed micro greens
40g	rocket
½	cucumber, sliced into ribbons with a peeler
2	carrots, peeled & sliced into ribbons with a peeler
250g	cherry tomatoes, halved
¼	red onion, thinly sliced
320g	smoked salmon
1	lemon, cut into wedges

## DRESSING

¼ cup	creamed horseradish
¼ cup	plain yoghurt
	herb salt & ground black pepper

Heat olive oil in a saucepan, add capers and allow to crisp.

Assemble salad ingredients {excluding lemon} top with rosettes of salmon and lastly the capers.

Mix dressing ingredients.

Serve salad with lemon wedges and the dressing on the side.



This recipe is from Brookdale's Heavenly and Healthy Flavours cookbook, which is available for purchase at Brookdale Health Hydro or online at [www.brookdale.co.za](http://www.brookdale.co.za)