



SMOKED FISH SALAD

WITH EGGS AND WARM ROLLS

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 20 minutes

This easy smoked fish salad makes a great summer's lunch or dinner. Throw it together in just 20 minutes. Cooked chicken is a nice alternative if you don't like fish.



SALAD

- 4 eggs
- 250g green beans (8.8oz)
- 1 Lebanese cucumber
- 1 avocado
- 1 small red onion
- 120g baby rocket or watercress (4.2oz)
- 300g smoked fish or smoked salmon (10.6oz)

BREAD

- 8 small dinner rolls (approximately)
- 2 Tbsp butter

DRESSING

- 1/2 cup plain, unsweetened yoghurt (125ml)
- 3 Tbsp aioli
- 1 Tbsp cold water
- 1/2 Tbsp lemon juice

1. Preheat oven to 180°C bake (360°F) and line an oven tray with baking paper.
2. **BOIL EGGS**
Bring a small saucepan of water to the boil. Add eggs and boil for 8 minutes. Remove into a bowl of ice cold water and leave for a few minutes.
3. **MAKE SALAD**
Meanwhile, trim ends off beans. Cut beans in half and microwave for 1-2 minutes, until tender.
4. Slice cucumber into rounds, dice avocado and thinly slice red onion. Divide rocket or cress between individual serving plates and top with beans, cucumber, avocado and red onion. Flake smoked fish over the top.
5. **WARM BREAD**
Place rolls on prepared tray and warm in oven for 5 minutes.
6. **MAKE DRESSING**
Whisk together all dressing ingredients and season to taste with salt and pepper.
7. **SERVE**
Peel eggs and cut into slices or quarters. Place on top of salad. If you used fresh lemon for the dressing, cut remaining lemon into wedges and place on side of salad. Drizzle dressing all over salad and serve with warm rolls spread with butter.



WINE MATCH: A Sauvignon Blanc or Prosecco.

SMOKED FISH SALAD RECIPE NOTES

GLUTEN-FREE OPTION: Ensure fish or salmon is gluten-free. Choose gluten-free rolls (swap for 4 regular-sized rolls if easier) and make sure aioli is gluten-free.

INGREDIENT SWAPS / NOTES: If you don't like fish, chicken is a good alternative. Try smoked chicken or a pre-prepared hot roast chicken from the supermarket.

STORING AND REHEATING: Store salad in containers in the fridge minus the dressing and rolls. Add dressing just before serving. Rolls can be lightly toasted for quick heating.