



SALMON, BEETROOT & FETA SALAD

WITH HONEY WALNUTS

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

This salmon, beetroot and feta salad is not just delicious - it's full of goodness too!
A quick and easy lunch or dinner ready in just 20 minutes.



SALAD

- 2 Tbsp olive oil
- 2 Tbsp red wine vinegar
- 1 Tbsp honey
- 1 tsp Dijon mustard
- 2/3 cup frozen shelled edamame beans (100g)
- 250g microwave pouch brown, red and wild rice (8.8oz)
- 100g mesclun lettuce (3.5oz)
- 225g canned diced beetroot, drained (7.9oz)
- 100g feta cheese (3.5oz)

HONEY WALNUTS

- 1/3 cup walnut halves (40g)
- 1 1/2 tsp honey
- 1 tsp butter
- Pinch salt

SALMON

- 2 tsp olive oil
- 450g fresh salmon, skin on, deboned (4 fillets / 1lb)

1. PREPARE SALAD INGREDIENTS

Place oil, vinegar, honey and mustard in a small jar and shake until well combined. Season to taste with salt and pepper.

2. Microwave edamame beans for 1 1/2 minutes, until completely defrosted. Microwave rice according to instructions on packet.

3. COOK WALNUTS

Heat a large frying pan on medium-high. Add walnuts, honey, butter and salt and cook for about 3 minutes, until toasted and caramelised. Remove onto a piece of baking paper and leave to cool.

4. COOK SALMON

Rub oil into the salmon skin and season well with salt and pepper. Carefully wipe or rinse frying pan used to cook walnuts and return to a medium-high heat. Cook the salmon, skin side down, for about 4 minutes, until crispy. Turn over and brown the top and sides of the salmon until virtually cooked through. Remove from heat and rest for 2 minutes.

5. MAKE SALAD

While salmon cooks, combine lettuce, edamame, rice, beetroot and crumbled feta in a large salad bowl. Drizzle with dressing and toss to combine. Sprinkle walnuts on top.

6. SERVE

Serve salmon with a big helping of salad on the side.



WINE MATCH: Try a Pinot Gris.

SALMON, BEETROOT AND FETA SALAD RECIPE NOTES

GLUTEN-FREE OPTION: This meal is naturally gluten-free.

INGREDIENT SWAPS / NOTES: If you don't like beetroot, you could swap this for sundried or semi-dried tomatoes instead. Salmon can be swapped for chicken tenderloins (increase quantity to 600g / 1lb 5oz).

STORING AND REHEATING: Store salmon separate to salad. Salmon can be reheated in the frying pan (best for crispy skin) or microwave, or eaten cold and flaked through the salad.