

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Salmon and Pomegranate Salad

Ingredients

2 cups of mesclun lettuce mix
1 cup of baby spinach
2 tbs of olive oil
Seeds and juice from 1 pomegranate
(Cut the pomegranate in half and hit the back of it with a wooden spoon, over a bowl to catch the seeds and juice)
3 salmon portions, shallow fried in olive oil to your liking
Sea salt, flaked
Freshly ground pepper
2 shallots, chopped
½ cup of mint, chopped
½ cup of flat leafed parsley, chopped
½ cup of macadamia nuts, chopped
1 long red chilli, chopped (seeds removed if you desire)
2 tbs of chai seeds
1/3 cup full of fat Greek yoghurt
Juice of ½ lemon

Method

This salad is AMAZING!! You just have to try it! xoxo

1. Combine the lettuce and baby spinach in a large salad bowl.
2. Dress with the olive oil.
3. Toss through the mint, parsley and pomegranate seeds.
4. Layer the salmon on top and season with the salt and pepper.
5. Throw in the chilli, shallots, macadamia nuts and chai seeds.
6. Combine the yoghurt and lemon juice and dress the salad.



Preparation Time: 10 minutes

Cooking Time: 10 minutes

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Serves 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au