

Salmon with super green salad and ginger miso dressing

Ingredients

2 salmon fillets
1 tbsp vegetable oil
1 medium green apple (diced)
200g cucumber (diced)
200g courgette (diced)
75g sugar snap peas (halved on the diagonal)
1 small bag mixed salad leaves
20g toasted pumpkin seeds
20g toasted sunflower seeds

For the dressing

1 tsp apple cider vinegar
1 tsp soy sauce
2 tsp peeled grated fresh ginger
1 tbsp white miso
1 garlic clove minced
½ tsp sugar
3 tbsp vegetable oil

Combine the first 6 ingredients in a small bowl and slowly whisk in the oil

Method

1. Heat 1 tbsp of oil in a pan to a medium high heat. Dry and season the fillets with salt and pepper. Place fish skin side down for 4-5 minutes or until skin is crisp. Turn and cook for a further 3-4 minutes or until cooked to your liking.

2. Bring all the salad ingredients together in a large shallow bowl, hold back half of the toasted seed for a final garnish. Dress the salad with a generous amount of the dressing and gently toss.

3. Divide the salad into 2 serving bowls and sprinkle over the remaining seeds. Top with the salmon fillets and drizzle over the remaining dressing.