



Blood orange and smoked salmon salad with mint dressing

serves 2-4

4 blood oranges
200 g cold smoked salmon, thinly sliced or torn into strips
1/2 cup edamame beans, or similar (thawed if frozen)
1 cup alfalfa sprouts, or similar
a handful fresh mint leaves

For the dressing:

juice from 2 blood oranges
1 tsp honey
2-3 tbsp olive oil
1/4 tsp sea salt
freshly ground black pepper
2 tbsp fresh mint leaves, finely chopped

- 1) To make the dressing, put the orange juice and honey into a cup or small jug. Mix well using a fork and then slowly add the olive oil in a steady stream. Add salt and pepper to taste and lastly add the chopped mint.
- 2) Oranges: Cut the top and bottom off, then use a small sharp knife to remove all the skin and pith. Slice them thinly.
- 3) Arrange all ingredients on a plate (or individual smaller plates) and drizzle with the dressing. Top with fresh mint leaves.

Serve with a slice of toasted rye bread.

TIP! If you're a vegetarian try using e.g. avocado instead of salmon.