

# Smoked Salmon & Egg Platter

## NUTRITION (PER SERVING)

Energy	261kcal	Saturated Fat	3.6g
Salt	2.3g	Sugars	2.3g
Fat	19.1g		



SERVES

4

*"Food is more than just fuel. It should be one of life's greatest pleasures."*

Chef at Sunrise of Esher

## INGREDIENTS

50g watercress  
 160g smoked salmon pieces  
 4 eggs (hard boiled)  
 1 tomato - cored, seeded and diced  
 1 red pepper - seeded and finely diced  
 ½ red onion - peeled and finely diced  
 ¼ cucumber - finely diced  
 ½ lemon  
 50ml olive oil  
 ¼ tsp French mustard  
 25ml white wine vinegar  
 Small bunch of parsley - finely chopped  
 Pinch of salt  
 Pinch of ground black pepper

## INSTRUCTIONS

1. Slice the boiled eggs in half, and season with salt and pepper.
2. Combine the olive oil, white wine vinegar, French mustard, salt and pepper.
3. Mix together the tomato, pepper, onion and cucumber. Toss in the dressing to create a salad confetti.
4. Place a handful of the salad confetti on a plate and arrange the smoked salmon over it. Add two halves of an egg next to the salmon.
5. Top with the watercress.
6. Garnish with a wedge of lemon and a sprinkling of parsley.