



Salmon & Avo Stacks



LCHF
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Servings: 4
Total Time: 30 mins



METHOD

Grate the rind of the lemon in a small dish and set aside.

INGREDIENTS

3 ripe avocado pears, cut into chunks
1 lemon (for juice & rind)
1 Tbsp extra virgin olive oil
4 Tbsp herb creamy salad dressing
1 tsp green onion seasoning
½ tsp finely chopped red chillies (optional)

100-150g smoked salmon/trout ribbons
freshly ground black pepper
10-20g mixed micro leaves or watercress

In a mixing bowl, coat the avocado chunks with the lemon juice.
Gently fold in the olive oil, herb dressing, green onion seasoning & chillies (optional).

Place 4 deep rings on a serving plate.
Gently press equal amounts of the avocado mix into the rings.

Refrigerate & when ready to serve, carefully remove the rings from the avocado mixture & fold a pile of salmon ribbons onto each stack.

Garnish with reserved grated lemon rind, ground black pepper & micros leaves.

