

Nordic Smoked Salmon platter

Recipe by Claire Sambolino
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	574 kj	7%
Energy (kcal)	139 kcal	7%
Fat	9.3 g	13%
of which saturates	4.3 g	22%
Carbohydrate	5 g	2%
of which sugars	3.9 g	4%
Fibre	6.2 g	25%
Protein	5.6 g	11%
Salt	0.09g	2%

Generated by Nutritics v5.61 on 16th Aug 2021

INGREDIENTS (serve 2):

- 100g Smoked Salmon (**FISH**)
- 1 small beetroot (sliced)
- Pomegranate seeds from ½ fruit
- 2-4 slices dark rye bread (c. 45g per slice) (**GLUTEN**)
- ½ lemon
- 1 celery stick (washed and chopped into 6-8 smaller sticks) (**CELERY**)

Optional Extras: Pickled gherkins or cucumber

METHOD: 5 mins to plate

1. Plate the smoked salmon.
2. If using fresh pomegranate, remove the seeds from the flesh.
3. Wash and chop the celery and add to the platter.
4. Slice a small beetroot and add to the platter.
5. Add the rye bread slices.
6. Enjoy as a shared platter for two using the bread to create open sandwiches with the salmon, beetroot and pomegranate. Squeeze lemon over for added flavour and enjoy the celery sticks on the side.

ALLERGENS



FISH



CELERY



GLUTEN

MODIFY

Switch celery for any other vegetables as a side such as cucumber, radish, water cress, rocket leaves.

Switch rye bread for gluten free alternatives.

CREDIT

Recipe by: Claire Sambolino
Photo by: Claire Sambolino