



Salmon, New Potato and Watercress Salad

This is an amazing summer salad which is rich in omegas and micronutrients. Watercress is a fantastic source of vitamin C and has a nice, peppery taste!

Nutritional Info

Calories: 590 kcal
Carbohydrates: 31.4 g
Protein: 39.3g
Fat: 34 g

Ingredients

- Salmon
- New Potatoes
- Watercress
- Dill
- Mayonnaise
- Mustard
- Lemon

Your Pantry

- Olive Oil

Allergens

Egg (Mayonnaise),
Mustard (Mustard)
Fish (Salmon)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Preheat the oven to 180°C and boil the kettle**

2) **Boil the potatoes**

Cut the potatoes in half and add to a pan of boiling salted water. Cook for 15 minutes.

3) **Cook the salmon**

Lay the salmon over a lined baking tray/roasting tin and season with a little salt and pepper. Place in the oven for 10-15 minutes or until the salmon is cooked through. Once cooked, use two forks to flake it into pieces. Meanwhile....

4) **Make the potato salad**

Drain the potatoes and set aside. In a bowl, mix together the mayonnaise (25-30g per person, though really, just add to your taste), mustard, and a squeeze of lemon juice to taste. Add the potatoes and mix until thoroughly combined. Next add the salmon flakes and gently mix in, ensuring the salmon holds some shape. Finely chop the dill and add to the potato salad until desired taste is reached.

5) **Serve the dish**

Serve the potato and salmon salad on top of a bed of watercress. Garnish with the lemon.



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