

# Recipe of the Week

## Warm Potato & Salmon Salad

600g Skinless Atlantic Salmon, cut into cubes

100g Semi-Dried Tomatoes

500g Baby Potatoes, halved

Olive Oil

100g Baby Corn

100g Baby Spinach Leaves,  
washed and halved lengthways

*Dressing:*

4 tbsp Reduced Fat Natural Yoghurt

3 tbsp Sweet Chilli Sauce

2 tbsp Lemon Juice



Preheat oven to 180-200oC

Put potatoes in a large baking dish, lightly greased with olive oil, and cook for 30 minutes, turning occasionally.

Add the baby corn to the potatoes and cook for 10 minutes or until the potatoes and corn are tender. Turn off oven and keep vegetable in to keep warm. Lightly grease a char grill with olive oil and cook salmon cubes over high heat for 3-4 minutes, or until just tender and golden.

To make dressing

Put yoghurt, sweet chilli sauce, and lemon juice in a small jug and whisk well.

Put potatoes, corn, spinach and semi-dried tomatoes in a bowl and toss to combine. Arrange the salad on individual plates, top with hot salmon pieces and drizzle with the dressing.

*Recipe from Heart Foundations Deliciously Healthy Cookbook*