

Smoked Salmon, Avocado & Arugula Salad

Adapted from: Fuss Free Cooking

Prep time: 10 minutes

Cook time: N/A

Total time: 10 minutes

Serves: 1-2



Ingredients

For Salad:

- 2 oz. arugula
- 1 avocado, diced
- ½ large cucumber, diced
- 3 oz. smoked salmon

1 tbsp. sesame seeds

For Dressing:

- 1 lime, juiced
- 2 tbsp. EVOO
- salt and pepper to taste

Instructions

1. In a small dry pan, toast 1 tablespoon of sesame seeds over medium flame until lightly brown. Set aside.
2. Wash and dry the arugula. Set aside.
3. Slice cucumber. Set aside.
4. Half a lime and squeeze the juice into a small bowl.
5. Then add olive oil, salt to taste, and a 1/2 tablespoon of the toasted sesame seeds. Whisk until it emulsifies.
6. In a salad bowl, add arugula, cucumber, and hand torn smoked salmon.

7. Use an avocado slicer to slice the avocado. To avoid the avocado from turning brown, I dip slices of the avocado in the dressing and add into the salad bowl. Scatter the remaining toasted sesame seeds as a finishing touch.
8. Serve with the dressing as desired and enjoy!