



Warm salmon and apple salad

Ingredients (serves 2)

2 salmon fillets (200 g)

¼ onion

¼ carrot

¼ red pepper

1 lemon*

1 orange*

1 apple

Oregano

Pepper

Sherry vinegar

Extra virgin olive oil

Arugula leaves

Boiled egg (optional)

Method

1. Peel, clean and chop the carrot, pepper, and onion.
2. In a bowl, add the chopped vegetables together with a spoonful of vinegar and extra virgin olive oil. Reserve.
3. Cook the salmon on the grill very slowly.
4. Let it cool for a couple of minutes, break up and season with the grated zests of a lemon and an orange, oregano, and pepper.
5. Cut the apple into small dices and grate the egg whites. Reserve.
6. Assort the salmon on a plate, season with the vegetable vinaigrette, apple cubes, arugula leaves, and the grated boiled egg whites and serve.

*Wash the skin properly before grating.