

Salmon, Artichoke & Avocado

Salad with Pepitas

R & J Mazza
GLOBE ARTICHOKES



Ingredients

1 Avocado, peeled and sliced,
150g fresh salmon, cooked & flaked,
70g baby spinach,
150g artichoke hearts, sliced,
¼ cup dried cranberries,
¼ cup pepitas,

Dressing

2 tablespoons olive oil,
1 teaspoon mayonnaise,
2 tablespoons lemon juice,
½ teaspoon wholegrain mustard,
Salt & cracked pepper to taste,

1 lemon cut in wedges



How to Prepare

1. Place ingredients in a bowl and mix well.
2. Place dressing ingredients in a bowl and mix until combined. Pour over salad, and garnish with lemon wedges.

Serves 6

