

## Watercress and salmon salad

For people with MS this salad is a great combination of immune-supporting nutrients. Vitamin A from the watercress, and salmon which supplies essential omega 3 fatty acids and vitamin D. You can cook your own salmon fillet or for simplicity choose pre-packed poached salmon, or lightly smoked chunky slices, opting for the lowest in salt. Finish the salad with a simple drizzle of balsamic glaze.

**No of servings 1**

**Preparation time 5 minutes**

**Cooking time 0 minutes**

### Ingredients

30g watercress, washed and drained

70g poached salmon

4 small slices (about 40g) of mozzarella

6 -8 cherry tomatoes, halved

Balsamic glaze



### Method

1. Break the watercress into small florets and place in the serving dish.
2. Flake the salmon on top and add the tomatoes and mozzarella.
3. Drizzle over some balsamic glaze and serve at once.

### Serving suggestions

Serve with bread or new potatoes

### Storage

The salad is not suitable for storage.

### Nutritional analysis per portion

Energy kcal	320	Vitamin D mcg	5.5
Protein g	25.6	Vitamin A mcg	210
Carbohydrate g	5.4	Omega 3 g	2.7
Of which sugars g	4.8		
Fat g	21.7		
Of which saturates g	7.7		
Fibre g	1.6		
Salt g	0.5		

### Food safety advice

Always wash your hands, work surfaces, utensils and chopping boards before starting to cook.

### Allergen information

Contains: fish.