

Fresh Spring Salad with Smoked Salmon

This salad comes together beautifully. A delicious mix of savory, sweet, salty, and fresh.

Ingredients:

6 yellow or red potatoes, halved
4 ounces arugula
4 ounces fresh baby kale
2 ounces pea shoots
5 ounces cold smoked salmon
4 radishes - washed and sliced
½ red onion - sliced
½ pound asparagus
1 cup fresh peas

2 soft boiled eggs
Raspberries or strawberries - optional

Honey Dijon Vinaigrette:

2 teaspoon dijon mustard
1 tablespoon honey
1.5 tablespoon white wine vinegar
1 tablespoon water
1 tablespoon olive oil
salt + pepper - to taste

Directions:

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the water, one at a time. Cook eggs for approximately 7-8 minutes, adjusting temperature to maintain a low boil. Carefully remove eggs from the pot and transfer to a bowl of ice water to cool (approximately 2 minutes). Set eggs aside until ready to peel.

Meanwhile, as the potatoes finish cooking, prepare remaining salad ingredients. In a large salad bowl add the arugula, baby kale, and pea shoots. Organize the smoked salmon, sliced radish, and red onion on top of the bed of greens and set aside. Chop woody ends from asparagus spears and chop them in half.

Prepare the vinaigrette- in a medium bowl whisk together the dijon mustard, honey, white wine vinegar, water, olive oil, and salt + pepper until fully combined. Set aside.

By this point, your potatoes and eggs should be cooked and ready. Use a slotted spoon to remove potatoes from the boiling water (do NOT dump out the water!) and transfer to a clean bowl or plate. Return pot of water to a boil and add the asparagus and fresh peas. Grab a big bowl, fill with ice and water and set aside.

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prevent further cooking and drain again.

Arrange potatoes, peeled and sliced eggs, asparagus and peas on top of your salad bowl, top with sliced strawberries and raspberries (if desired) and drizzle with vinaigrette.

Best served immediately.

