



QUICK SALMON PATE

Ingredients

- ❑ 1 tin of wild salmon drained and with the skin and big bones removed.
- ❑ 1/2 a ripe avocado
- ❑ 1/2 a small red onion
- ❑ 1 fresh ripe tomato
- ❑ 1 dessertspoon of organic olive oil or avocado oil
- ❑ 1 teaspoon of lemon rind
- ❑ 1 teaspoon of lemon juice or to taste
- ❑ 1 tablespoon fresh herbs, parsley or chervil would be good

Method

Place all the ingredients into a food processor and mix thoroughly.
Add seasoning if you feel it needs it

Serve with thinly sliced rye toast, oatcakes or corn crackers.

Chefs tip

You could use other types of fish to make this pate, fresh mackerel, fresh salmon, fresh tuna, tinned pilchards etc.

Nutritionist tips.

Oily fish is an excellent source of omega 3 oils that help lubricate our joints, feed our brains, and balance our hormones. This recipe is also dairy free.

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