

# POTATO LUNCH BOWL

Makes 4 serves

Calories: 360 kcal, Protein: 27g Carbs: ~24 g Fat: 18 g Fibre: 3 g

## INGREDIENTS

2 potatoes peeled, cubed, boiled then cooled  
4 spring onions cut thinly or ½ red onion sliced thinly  
2 tomatoes cubed  
2 cups of lettuce shredded  
1 cucumber thinly sliced  
1 tablespoon olive oil  
400g of Cooked Salmon - flaked  
2 boiled eggs - chopped

Dressing:

1 tablespoon of capers  
Optional Fresh Dill  
2 tablespoons of yoghurt  
1 tablespoon of grated parmesan  
1 tablespoon of mayonnaise  
1 teaspoon of mustard  
1 tablespoon of olive oil  
Squeeze of lemon juice  
Salt & Pepper to taste

## DIRECTIONS

Place dressing ingredients in a jar and shake well to combine

Place ingredients in bowl with dressing on top and enjoy