



🕒 Approximately **25 min**

🔥 **239 kcal** p.p.

👥 **6 persons**

WHAT YOU NEED

- A package of baby spinach: 2 pcs
- A package of smoked trout: 2 pcs
- Avocado: 2 pcs
- Hemp seeds: 20 g
- A tray of blueberries: 1 pcs
- Blood orange: 1 pcs
- Lemon: 0.5 pcs
- Dill: 10 g

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Olive oil
- Mustard à l'ancienne: 1 tsp.
- Maple syrup: 1 tsp.

ALLERGENS



FRESH SALAD WITH AVOCADO TROUT TARTARE

INSTRUCTIONS

- Wash the spinach and add the leaves to a large bowl. Wash the blueberries and cut them in half. Cut off the blood orange peel and cut out the fillets with a sharp knife. Keep the juice for the avocado trout tartare. Combine spinach, blueberries, blood orange fillets and hemp seeds in the bowl.
- For the dressing, add some lemon juice, a dash of olive oil, mustard and maple syrup to a bowl. Season to taste with salt and pepper. Fold the dressing into the salad before serving.
- Pit, peel and cube the avocados. Unpack the smoked trout and pull the flesh into small pieces by using two forks. Wash the dill and remove the stems. Finely chop the dill. Add avocado, dill, a dash of blood orange juice, 1-2 tbsp. olive and trout to a bowl. Gently combine and season to taste with salt and pepper.

SERVING

- Add the salad to plates and top with avocado trout tartare.