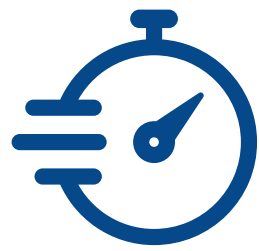


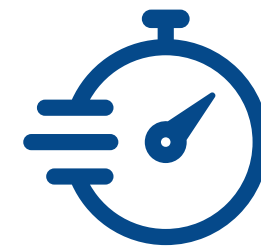
SALMON LETTUCE TACOS WITH PICKLED CUCUMBER & DILL SALSA



SERVINGS
1



PREP TIME
10 MINS



COOKING TIME
NONE

INGREDIENTS

- 1 x 3.9 oz (110g) can salmon, drained
- 1 Little Gem lettuce or small romaine lettuce
- 2 tbsp Greek yogurt
- 2 small pickled cucumbers, finely diced
- 1 tbsp fresh dill, finely chopped
- 1 tsp lemon juice
- Freshly ground black pepper

TOP TIP

Choose the firm inner and middle lettuce leaves rather than the very outer leaves. They naturally form a better cup shape and are much easier to hold like a taco.

DIRECTIONS

1. Separate the lettuce into whole leaves, choosing the larger, sturdier leaves to use as your taco shells.
2. Drain the canned salmon and gently flake it into a bowl.
3. In a separate bowl, mix together the diced pickled cucumber, fresh dill and lemon juice.
4. Spoon the Greek yogurt into the base of each lettuce leaf.
5. Top with the flaked salmon, followed by a spoonful of the pickled cucumber and dill salsa.
6. Finish with a little freshly ground black pepper and serve straight away.



PACKED LUNCH TIP

For the best texture, pack the lettuce leaves, salmon, Greek yogurt and salsa separately and assemble just before eating. This keeps the lettuce crisp and stops the leaves becoming soggy.