

SALMON, VEG & WILD RICE SALAD BOWL



Serves 1



Prep Time 10 minutes



Cook Time 5 minutes



INGREDIENTS

- 220g bag **Wattie's SteamFresh Veggie Plus Baby Peas, Broccoli and Edamame with Long Grain White and Wild Rice**
- ½ cup shredded lettuce
- ¼ avocado, peeled and sliced
- ¼ red capsicum, deseeded and sliced
- 50g wood roasted salmon
- 1 Tbsp **Eta Light & Free Japanese Style Soy & Citrus Dressing**

METHOD

1. Microwave **Wattie's SteamFresh Veggie Plus Baby Peas, Broccoli and Edamame with Long Grain White and Wild Rice** according to bag instructions. Remove from bag and put into a bowl to cool.
2. Place shredded lettuce on the bottom of a bowl or plate. Spoon over cooked rice and vegetables. Top with diced avocado and capsicum. Flake over wood roasted salmon. Lightly dress with **Eta Lite &**

- Lemon wedges to serve (optional)

Free Japanese Style Soy & Citrus Dressing. Add a lemon wedge on the side if wished.