



SALMON LETTUCE CUPS

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 tin of wild salmon
- 1 tablespoon Greek yoghurt
- 1 teaspoon Dijon mustard
- 1 gem lettuce

- **Optional:** radish, cucumber, tomatoes, pumpkin seeds, micro greens or sprouts

METHOD

- Add the tinned salmon to a bowl and combine with the yoghurt and mustard.
- Add the salmon mix to the lettuce leaves to make it easy to eat.
- As optional extras you can add more salad ingredients such as radish, cucumber, micro greens, sprouts and for crunch some pumpkin seeds.

PREP TIME

- 10 minutes

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