

OAK ROASTED SALMON SALAD WITH EDIBLE FLOWERS

Serves 2

Ingredients

2 x 100g [Oak Roasted Salmon](#)

4 Quail eggs

4 Asparagus spears

A bag of mixed leaf salad

100g Peeled prawns

A few pinches of [Halen Môn Sea Salt](#)

A handful of edible flowers, for decorating



Fill two saucepans with [salted](#) water and bring to the boil. Once the water is boiling, in one of the saucepans, place the quail eggs in then reduce the temperature slightly, boil the eggs for 10-12 minutes.

In the second saucepan place in the asparagus. Blanch the asparagus in the boiling water for 3-4 minutes, then quickly transfer to an ice bath, then dry off the remaining water.

Once the eggs have boiled, transfer to an ice bath then peel off the shell. On a chopping board slice the egg into bitesize pieces.

Wash and dry the mixed salad leaves and toss in the blanched asparagus, quail eggs and peeled prawns.

Break apart the [Oak Roasted Salmon](#) and toss gently into the salad mix.

Finally, for a pop of colour, arrange the edible flowers on top of the salad.

Enjoy!