

Smoked Salmon, Avocado & Cottage Cheese Breakfast Platter

Serves 4

1 cucumber
7 oz. (200g) smoked salmon
1 avocado
½ cup (110g) cottage cheese
1 tsp. dried dill
salt and pepper
2 tbsp. apple cider vinegar

What you need to do

1. Peel the cucumber lengthwise into ribbons. Place in a bowl, and pour over 2 tablespoon of apple cider vinegar, season with salt and mix to combine. Set aside.
2. Divide the salmon, avocado flesh and cottage cheese between plates. Place the earlier prepared cucumber on the side and drizzle the platter with some of the cucumber juices.
3. Sprinkle with dill and season to taste with salt and pepper. Serve immediately.



GF LC Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	179	11	8	14

*Nutrition per serving