



AVOCADO & SMOKED SALMON SALAD

Packed with protein and rich in flavour, this salad makes a delightful lunch, dinner or side dish. Soft-boiled Clarence Court eggs are rolled in toasted sesame seeds, served with smoked salmon, and a zesty dressing of lime and pomegranate molasses.

Prep time 15 minutes | Cook Time 10 minutes | Serves 2

2 Clarence Court Hen Eggs
2 tablespoons sesame seeds
Handful of cherry tomatoes
2 spring onions
1 ripe avocado
Zest and juice of half a lime
1 tablespoon pomegranate molasses
3 tablespoons extra virgin olive oil
Sea salt
Freshly ground black pepper
Handful of salad leaves
A few coriander leaves
150g smoked salmon

Soft boil the hen's eggs in boiling water (roughly 6 – 7 minutes). Once cooked, remove from the heat and plunge into a bowl of cold water and ice.

Meanwhile, heat a small frying pan, add the sesame seeds and toast for a few minutes or until they are golden, with a delicious aroma. Once toasted, quickly and carefully tip the seeds onto a plate and place to one side.

Quarter the cherry tomatoes, trim and slice the spring onion, peel, halve and de-stone the avocado then add to a large bowl. To a clean jam jar, add the lime juice, zest, pomegranate molasses, extra virgin olive oil and a pinch of salt and pepper. Add the lid to the jar and shake well. Drizzle the dressing over the bowl of vegetables and toss to coat, then add the leaves and coriander and toss again.

Peel the eggs, roll them in the toasted sesame seeds and cut in half. Arrange the salmon between two plates, place the salad next to it and top with the sesame coated egg halves.



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