

YOUNG LIVING<sup>®</sup>  
ESSENTIAL OILS

CHEF KATE

CULINARY OIL  
BRAND AMBASSADOR  
& CHEF-TO-THE-STARS



SPRING SALAD WITH SALMON



# SPRING SALAD WITH SALMON

**SERVES** 2 - 4    **PREP TIME** 20 min    **COOKING TIME** 5 - 10 min

## A NOTE FROM CHEF KATE

*“This salad is the perfect recipe to serve as Spring arrives and we desire fresher and lighter dishes. Lemon essential oil is so zesty and adds a burst of freshness in the dressing and on the salmon!”*

### SALMON COOKING INGREDIENTS

- 1 tbsp. Olive oil
- 4 drops Young Living Lemon essential oil
- 300 - 500 g Salmon

### SALAD INGREDIENTS

- 2 - 3 cups Mixed greens and/or cozz lettuce
- 1 - 2 cups Assorted sliced veggies and fruit  
*Suggestions include tomatoes, beets, carrots, red onion, cabbage, purple cabbage, snow peas, red and green apples, orange and lemon pieces, coriander, mint and parsley leaves.*

### DRESSING INGREDIENTS

- ¼ cup Fresh lemon juice
- ¼ cup Olive oil
- 1 tbsp. Honey or maple syrup, to taste
- 1 tbsp. Fresh parsley or mint, chopped
- Sea salt and pepper, to taste
- 8 - 10 drops Lemon essential oil, to taste

### METHOD

1. Prepare the salad greens, slice the veggies and fruit and set aside while you make the salad dressing and cook the salmon.
2. Make the dressing by mixing the lemon juice, olive oil, honey, Lemon essential oil, salt and pepper in a blender until combined well.
3. Mix 1 tablespoon of olive oil with 4 drops of Lemon essential oil. Using this mixture, pan sear, grill or BBQ the salmon until it is cooked to your liking.
4. Place the salad greens on plates then add the sliced veggies and fruit on top.
5. Place a piece of salmon on top of the salad and drizzle with some dressing. You can also chill the salad, salmon and dressing all separately and serve later as a chilled dish.

**TIP:** For a vegetarian or vegan option, try grilling a few pieces of sliced haloumi cheese or tofu in place of the salmon. Grilled zucchini or eggplant are also great veggie options too, and avocado is also a wonderful addition.

**NOTE:** You'll need 2 pieces of salmon approximately 300 - 500 grams; use less or more as you like. Use any combination of veggies and greens that you enjoy. If you are serving 4, increase the salad greens and veggies so there is enough salad - and you can also double the dressing ingredients and have some leftover. The dressing is great on steamed veggies too!

