



Salmon Gravadlax Bruschetta

15'

Hands on

4-6

Portion(s)

1

Difficulty



Method

For the pickled celery

- Cut the celery into 0.3 cm slices and place in a bowl.
- In a saucepan, add the white wine vinegar and sugar.
- Place over medium to low heat and simmer for 5 minutes until the sugar dissolves.
- Wisk the mixture thoroughly and pour over the celery.
- Allow to cool for 15-20 minutes and refrigerate until needed.

For the bruschetta

- Thinly slice the salmon and set aside.
- Thinly slice the pear and transfer to a bowl.
- Thinly slice the onion and add to the bowl.
- Add the capers, salt and olive oil. Mix with a spoon.
- Add 1-2 tablespoons of the pickled celery and mix.
- Slice the bread.
- Place a nonstick pan over medium heat.
- Add the butter and let it melt.
- Add the pieces of bread and toast until golden.
- Arrange on a plate and add the mustard on the side.
- Spread the slices of salmon gravadlax on the plate and top with the salad prepared.
- Serve.

Ingredients

For pickled celery

- 2 celery stalks
- 50 g white wine vinegar
- 20 g granulated sugar

For bruschetta

- [salmon gravadlax](#)
- 1 pear
- 1 onion
- ½ loaf whole wheat bread
- 50 g butter
- 1 tablespoon Coleman's English mustard
- 1 tablespoon capers
- salt
- pepper
- 1 tablespoon olive oil

Διατροφικός πίνακας

Nutrition information per portion

197 Calories (kcal)	8.2 Total Fat (g)	2.9 Saturated Fat (g)	22.5 Total Carbs (g)
10%	12%	15%	9%
21.3 Sugars (g)	7.3 Protein (g)	0.51 Fibre (g)	0.25 Sodium (g)
24%	15%	2%	4%