



WHIPPED FETA AND SMOKED SALMON OPEN-FACED SANDWICH



1 serving



15 minutes

INGREDIENTS

2 tablespoons thick strained natural yogurt (0% fat)

20g (%oz) feta cheese

Zest of $\frac{1}{2}$ unwaxed lemon, plus 1 tablespoon juice

5cm (2 inch) piece of cucumber, deseeded and diced

1 spring onion (scallion), finely sliced

1 tablespoon capers

1 slice of sourdough bread, about 60g (2 $\frac{1}{4}$ oz)

50g (1 $\frac{3}{4}$ oz) smoked salmon

Pepper

Small handful of dill leaves, to garnish (optional)

1 lemon, cut into wedges, to serve (optional)

DIRECTIONS

1. For the whipped feta, combine the yogurt and feta in a bowl and roughly mash using the back of a fork until you have a smooth consistency, being careful not to over-blend.
2. Stir through the lemon zest and juice, and season with a little pinch of pepper.
3. In a bowl, mix the cucumber, spring onion and capers together.
4. Toast the sourdough, then spread the whipped feta cheese on top.
5. Spoon the cucumber mixture over the whipped feta, then add ribbons of smoked salmon on top and garnish with the dill, black pepper and lemon wedges.

Under 350kcal, 20g protein