

## Seafood Salad

Hardly any cooking for this recipe and you can substitute any seafood of your choice. Quantities are to your own taste.

Ingredient suggestions:

- Small piece of cooked, smoked mackerel
- 1 pack of supermarket mixed seafood - mussels, cockles, prawns, calamari etc.
- Small tin of Tuna in brine (drained)
- Olives (pitted)
- Feta Cheese (cubed)
- 3 tbsp Italian Salad Dressing
- Lettuce
- Cherry Tomatoes (halved)
- Cucumber (diced)
- 2 Eggs
- Mayonnaise or Thousand Island Dressing to garnish.

### Method:

Hard boil the eggs.

Make a bed of lettuce on the plates.

Break the mackerel into small pieces and remove the skin and any bones then evenly distribute the mackerel, seafood selection, cherry tomatoes, and diced cucumber over the lettuce. Break the Tuna into large chunks and add to the plate.

Mix the Feta cheese, olives and salad dressing or if preferred you can now get ready made mixes in the supermarket. Add this evenly to the plates.

Cut the hard boiled eggs into quarters and add to the plate.

Place a few blobs of Mayo or Thousand Island dressing around the plate.