

Mary Berry Hot Smoked Salmon, Rice & Asparagus Salad



Serves 6

Prep 5 mins

Cooking 25 mins

Easy

Ingredients

300g mixed white & wild rice
6 spring onions, finely sliced
large bunch of parsley, chopped
3 eggs
200g asparagus spears
200g hot-smoked salmon slices, broken into chunks

For the lemon dressing:

zest of 1 lemon
juice of 2 lemons
180ml olive oil
4 tbsp white wine vinegar
4 tbsp runny honey
2 tbsp Dijon mustard

1. Cook the rice in boiling salted water according to the packet instructions. Drain and refresh under cold water. Drain again.
2. Place the rice in a bowl. Add the spring onions, parsley and season well with salt and freshly ground black pepper. Stir to combine.
3. Measure all the dressing ingredients into a jug and whisk together well. Reserve 2 tablespoons of the dressing and pour couple of tablespoons over the rice. Mix well, cover with cling film and chill in the fridge for about an hour.
4. Meanwhile, place the eggs in a pan of boiling water and cook for 7 minutes for soft boiled. Drain and place in cold water before peeling. Cut each egg into quarters.
5. Remove the woody ends from the asparagus. If the spears are thick, cut them in half lengthways. Slice the spears into 5cm lengths, then cook in boiling water for 3-5 minutes. Drain and refresh under cold water. Drain again.
6. Tip the asparagus into the rice and mix to combine. Spoon into a serving dish and arrange the salmon pieces and egg quarters on top. Sprinkle with a little freshly ground black pepper. Serve the rest of the dressing with the rice.
7. **Mary's Tips:** Can be assembled up to 4 hours ahead and kept in the fridge (including dressing the rice). Not suitable for freezing.