



SMOKED SALMON PATE



MINUTES TO PREPARE
5



SERVES
3

INGREDIENTS

240g smoked salmon
1 tablespoon cream cheese
2 tablespoons Greek yoghurt
Juice of 1 lemon
A good grind of black pepper
A small handful of chives to garnish, finely sliced (optional)

You will need a food processor.

LET'S GET BLITZING

- 1 Place all the ingredients in the food processor. Blitz to a smooth paste.
- 2 Taste and adjust the lemon juice and freshly ground black pepper to taste.
- 3 Sprinkle over the chives (if using) and serve with melba toasts, oatcakes or slices of toasted DizzleSky loaf.

This works well when made in advance and will hold in the fridge for up to 5 days.

"Smoked salmon pate is one of the quickest, easiest, and most decadent fish dishes there is. It's often made with cream cheese and crème fraiche, which together are very high in fat. So, here I have replaced the crème fraiche with Greek yoghurt for a lighter, more healthful pate. It's completely addictive... you have been warned!"

Try as a light lunch, dip with crudités or crisps, or as a starter if you have friends over. When I have it as a lunch, I like to serve it with a lightly dressed salad with leaves, cut cherry tomatoes, avocado and grated courgette"