



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: 10-15 mins

Serves: 1

INGREDIENTS

- Olive oil
- 2 large flat mushrooms
- 1 salmon fillet
- Lettuce, tomato & cucumber slices
- Asparagus, lightly steamed
- Grated vegan cheese (optional)
- 1 finger lime

METHOD

- Heat a dash of oil in frying pan and heat to medium heat.
- Add salmon to pan and cook until cooked to your liking.
- Remove and keep warm.
- Remove stalks from mushrooms, chop finely, and fry each side of mushrooms and chopped stalks for 3-5 minutes.
- Place one mushroom onto serving plate and layer lettuce, tomato, cucumber slices and mushroom stalks on top.
- Lay salmon fillet onto salad.
- Top with grated vegan cheese if desired.
- Place second mushroom lid angled on top and squeeze finger lime over it all.
- Serve with lightly steamed asparagus.

SALMON **MUSHROOM** **BURGER**

