

# Super Salmon Dip



## Super Salmon Dip

Per portion

**ENERGY**  
581kJ/138kcal 7%

**FAT**  
5.0g 7%

**SATURATES**  
2.2g 11%

**SUGARS**  
4.1g 5%

**SALT**  
1.0g 16%

% of an adults reference intake  
Typical values per 100g: Energy 418kJ / 99kcal

# Equipment



Bowl



Spoon



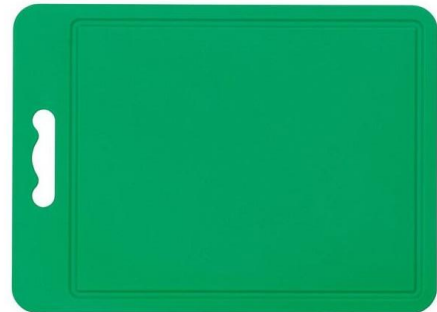
Fork



Can opener



Sieve



Chopping board



Knife



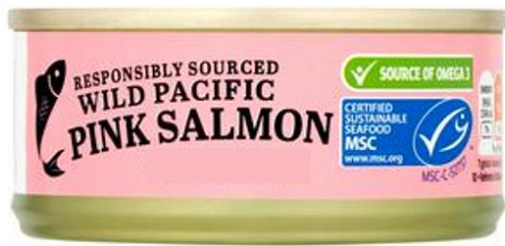
Measuring spoons

# Equipment



Juicer

# Ingredients (Serves 2)



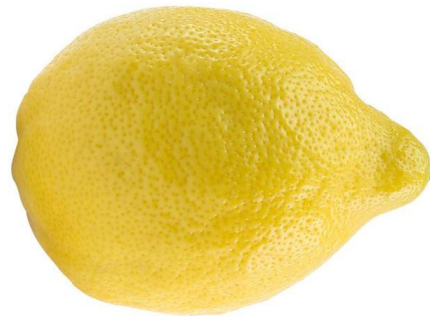
Salmon (100g)



Soft cheese (100g)



Plain yoghurt (1 tbsp)



Juice of  $\frac{1}{2}$  Lemon

## Super Salmon Dip Recipe Photos

①



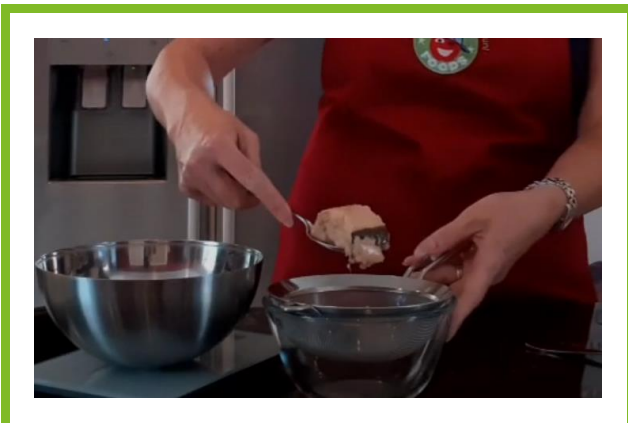
Open Salmon

②



Put salmon into the sieve

③



Spoon salmon into bowl

④



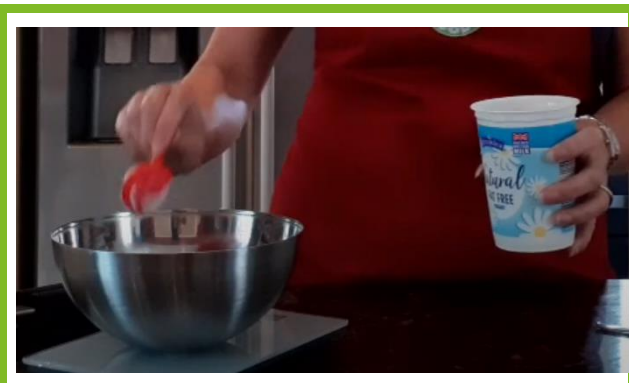
Add a spoonful of cream cheese

⑤



Measure 1 spoon of yoghurt

⑥



Add yoghurt



# Super Salmon Dip Recipe Photos

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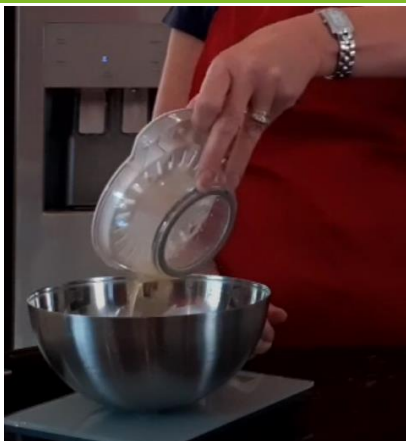
Cut lemon

8



Juice the lemon

9



Pour juice into the bowl

10



Mix together

11



Dip vegetable or bread sticks

12



Eat