



Grilled Salmon with Butterbean and Avocado Mash

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 2 salmon fillets
- 300g butterbeans
- 2 avocados
- A handful of mixed salad leaves of your choice - I used rocket, watercress and spinach
- 1 tbsp tarragon

- 2 tsp lemon juice
- Bit of olive oil

Instructions

1. Brush the fillets with the lemon juice and olive oil.
2. Grill for about 10 minutes until it's nice and pink.
3. Meanwhile, very gently heat the butterbeans and avocados - careful not to overheat, you just want it warm. Mash it up and mix in the tarragon.
4. Sit the mash on a bed of salad and rest the salmon on top.