

Salmon Dip

This delicious dip uses canned salmon (an oily fish) which contains omega-3 fatty acids.



Fish and milk*

Nutritional information per portion (72g):

Energy	Fat	Saturates	Sugars	Salt
391kJ 93kcal 5%	4.6g 7%	2.3g 11%	<0.5g 0%	0.59g 10%

of an adult's reference intake.
Typical values per 100g: energy 543kJ/129kcal.

Equipment

Weighing scales
Can opener
Sieve
Mixing bowl
Fork
Chopping board
Sharp knife
Juice squeezer
Mixing spoon
Measuring spoons (optional)
Serving bowl

Ingredients

Serves 2-4
105g can salmon (in water)
100g reduced-fat soft cheese
1 small lemon (juice only)
1 x 15ml spoon semi-skimmed milk (optional)
Chopped vegetables of your choice for dipping

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

1. Open the salmon and use the sieve to drain away the water.
2. Put the salmon into the mixing bowl and mash lightly with a fork.
3. Spoon the soft cheese into the bowl.
4. Cut the lemon in half and squeeze the juice. Add the juice to the mixing bowl.
5. Mix all the ingredients together thoroughly.
6. If you want to make the dip a bit softer, add 1 x 15ml spoon of milk.
7. Transfer the dip to a serving bowl and serve with your favourite chopped raw vegetables.

Top Tip

- Roll the lemon backwards and forwards on a table before you cut it in half. This makes it easier to juice.

Skills used include:

Weighing, measuring, squeezing, mashing and serving.

Something to try next time

- Try a reduced-fat soft cheese with garlic and herbs or chop up some parsley or dill and add it to the plain cheese.
- You could use mackerel, sardines or pilchards in place of the salmon.

Prepare now, eat later

- Keep refrigerated and use within 1 day.