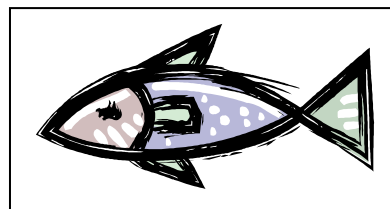


Salmon Pate

Ingredients

$\frac{1}{2}$ small tin of salmon
100g / 4oz Low fat soft cheese
 $\frac{1}{2}$ Lemon
Spring onion
 $\frac{1}{4}$ Cucumber
Crackers/pitta bread



Method

1. Drain the salmon and place in a bowl.
2. Finely chop the spring onion and add to the bowl.
3. Wash and slice the cucumber and set a-side.
4. Cut the lemon in half and juice the lemon and add to the bowl.
5. Add the cheese to the bowl and mix with a fork till smooth.
6. Spread on to the crackers and top with cucumber.

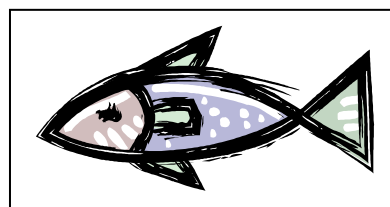
Equipment: Knives, Forks, Spoons, Mixing Bowl, Paper Plates (to serve and chop on), Tin Opener, Sieve.

Serving Suggestions/Tips: Salmon is a good source of omega 3 oil.

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