

OAK ROASTED SALMON & WHEAT BERRY SALAD

Serves 2

Ingredients

- 100g [Oak Roasted Salmon](#)
- 1 1/2 cups diced apple
- 1 cup uncooked wheat berries
- 1/2 cup vertically sliced red onion
- 1/2 cup chopped walnuts, toasted
- 2 celery stalks, thinly sliced
- 2 tbsp [Fino Olive Oil](#)
- 1 tsp lemon zest
- 2 tbsp fresh lemon juice
- 1 tbsp [Dijon Mustard](#)
- 1/2 tsp [Halen Môn Sea Salt](#)
- 1/2 tsp ground black pepper



Cover the wheat berries with about 2 inches of water and allow to stand for 8 hours.

After they have been allowed to stand, bring the wheat berries to boil, reduce the heat and cook uncovered for 1 hour or until tender.

Combine wheat berries, apple, red onion, walnuts, [Oak Roasted Salmon](#) and celery in a large bowl.

Next, mix together the [Fino Olive Oil](#) with the remaining lemon juice and zest, [Dijon mustard](#), [Halen Môn Sea Salt](#) and the ground black pepper. Drizzle the dressing over the wheat berry mixture and toss to coat.

Serve between two plates and enjoy!