

## Ghana Salad

### Fixings

200 g entire new sardines, scaled, destroyed and washed, or substitute canned

200 g new fish steaks, or substitute canned

1 round icy mass lettuce, destroyed

4 tomatoes, deseeded and cut

2 red onions, finely cut

175 g green beans, beat and followed, cut and steamed, then chilled

100 g new nursery peas, softly whitened, then depleted and chilled

200 g depleted great quality canned natural cannellini beans, chilled

150 g smoked salmon, cut into strips or

150 g substitute chipped canned salmon

1 teaspoon ocean salt

1 teaspoon new coarse ground dark pepper

4 - 6 enormous eggs, delicate bubbled, shelled and quartered

salad cream or mayonnaise, to taste

### How to

Preheat the barbecue to medium. Put the sardines and fish steak on the barbecue rack and barbecue for 10 - 15 minutes, turning part of the way through the cooking time. Pass on to cool, then, at that point, chill in the refrigerator prior to adding to the serving of mixed greens.

Place the lettuce, tomatoes and onions in a huge bowl, then add the green beans, peas, cannellini beans and smoked salmon.

Drop the barbecued fish and add to the plate of mixed greens, season with the ocean salt and dark pepper and combine as one cautiously. Add the barbecued sardines and enhancement with the delicate bubbled egg quarters. Cover and chill prior to serving. At the point when prepared to serve, dress with salad cream or mayonnaise to taste and present with warm toasted loaf, crusty bread or hard batter bread.

Tips: I used to suffocate my Ghana Salad in salad cream - extravagances - however in the event that you need a better choice, make a vinaigrette of 3 sections olive oil to 1 section balsamic vinegar and season with ocean salt and dark pepper, then add to the plate of mixed greens prior to serving. Hard batter bread (otherwise called 'spread bread') is a white portion that is somewhat sweet. It tends to be purchased cut or unsliced.