

# Avocado Salmon

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Abbeyfield  
Making time for older people



2-4 servings



Prep: less than 30 minutes

Cook: 25 minutes

## INGREDIENTS

4 ripe avocados

3-4oz cooked salmon (cubed)

Juice of 1 ½ lemons

3 tablespoons chopped celery

3 tablespoons chopped cucumber

2 chopped hard boiled eggs

½ pint thick mayonnaise

¼ pint sour cream

## METHOD

1. Cut avocado flesh into small cubes (1/2 inches).
2. Mix all the other ingredients together.
3. Add salt and pepper to taste.
4. Serve in avocado shells or small dishes.

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