



BigFish Recipe™

Healthy Smoked Salmon Hummus

This is a luxurious dip because it uses quite a lot of smoked fish, but it's also really healthy: high in fibre and Omega-3 but low in saturated fat, unlike many other dips. Perfect for a special summer picnic or garden party!

Preparation time: 10 minutes

Serves: 6

Ingredients

400g cannellini beans (tinned) drained and rinsed
200g BigFish Smoked Salmon or Smoked Sea Trout
1 lemon, juiced
30ml cold water
5g fresh dill or parsley, finely chopped
Fresh black pepper

Method

1. Simply put all the ingredients in a food processor and pulse until smooth.
2. Serve however you wish – as a dip with fresh cut vegetables, in sandwiches or topping little rounds of toasted soda bread or blinis as canapés!
3. Cover and refrigerate if not using immediately, keeps for up to 5 days. This could also be quite successfully pre-made and frozen in a sealed container.

With thanks to [Meat & Travel](#) for the concept.