

# salmon club with avocado butter



This tasty sandwich is great on its own or serve with soup for a heartier meal.

The salmon is rich in vitamin D and with omega-3 fatty acids that help to boost our mood. The arugula (& the optional ingredient, spinach) are high in minerals, which help regulate stress hormones and your sleep cycle. The

avocado is loaded with vitamins & minerals, fibre and 'good' fat that can help with maintaining your healthy cholesterol level.

prep time	cook time	serves	category
10-15 min	0 min	2 sandwiches	G free option

## things you need

1 ripe avocado, pitted & peeled 1 tbsp concentrated, or ½ lemon juice 2 tbsp unsalted butter, at room temperature 1 tsp fresh oregano leaves salt, to taste	1 8-oz salmon fillet, sliced into ¾-inch pieces vegetable cooking spray, or oil 6 slices pumpkin bread, or other hearty bread, toasted 1 ½ cup arugula (rocket) leaves, loosely packed (or spinach if you prefer)
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## here's how

- 1 Place the avocado, lemon juice, butter, oregano and salt in a food processor (see option in notes below). Pulse until nearly smooth, about 30 seconds. Set aside.
- 2 Place a medium non-stick skillet over medium heat and coat with vegetable spray, or use a small amount of liquid vegetable oil
- 3 Sprinkle the salmon with some salt and cook until done, about 3-5 minutes per side. Transfer to a plate.
- 4 Spread half of the avocado butter on two slices of toasted bread. Repeat with the remaining ingredients and top with the remaining bread to make two double-decker sandwiches

## helpful notes

- If you do not have a food processor, then chop the oregano leaves very finely and then mashed with the other ingredients, as in no. 1, until nearly smooth.
- If you only wish one sandwich, then half the ingredient amounts.
- For gluten-free option, use gluten-free bread.