

Smoked Salmon Arugula Salad

- 1/2 cup frozen peas (I use English Peas from Trader Joe's)
- 1-1/2 cups cooked couscous
- 1-1/2 cups cucumbers, chopped
- 1/2 cup tomatoes, chopped
- 3 cups [arugula](#)
- 1/2 cup feta cheese, crumbled
- 2 Tbsp fresh basil, chopped
- 1 Tbsp fresh Parsley, chopped
- 1/4 cup pepitas
- 1 can chickpeas, drained and rinsed
- 200g store-bought smoked salmon, sliced
- 3 Tbsp lemon juice, freshly squeezed
- 2 Tbsp olive oil
- 1 Tbsp honey
- Sea salt and fresh pepper to taste

How To Prepare Your Salad

1. Begin with a large mixing bowl. Add the arugula as a fresh, peppery base.
2. Layer in the chopped cucumbers for a refreshing crunch.
3. Sprinkle the chopped tomatoes over the arugula and cucumbers.
4. Scatter the frozen peas, ensuring they're distributed evenly for pops of sweetness.
5. Spoon the cooked couscous over the veggies, adding a satisfying texture to the mix.
6. Add the crumbled feta cheese for a creamy contrast.
7. Sprinkle the chopped fresh basil and parsley to introduce an herby aroma.
8. Toss in the pepitas for an additional crunch.
9. Incorporate the chickpeas, adding heartiness to your salad.
10. Arrange the smoked salmon slices on top for a touch of elegance and smoky flavor.
11. In a small bowl, whisk together the lemon juice, olive oil, and honey to create your dressing.
12. Drizzle the dressing over the salad, giving it a tangy sweetness.
13. Season with sea salt and fresh pepper to taste.
14. Gently toss the salad to evenly coat the ingredients with the dressing.