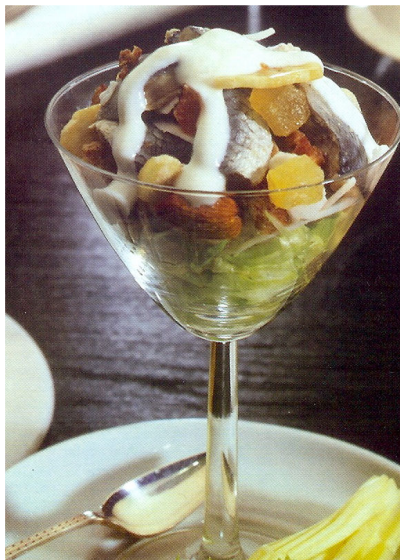


Tropical salad

SERVES 3

6 Rollmops
115g (4oz) tropical mix
shredded lettuce
60ml (4 tablespoons) natural yoghurt



- 1 Drain the liquid from the herring and slice into 2.5cm (1") slices. (Remove cocktail sticks if there are any). Place in a bowl.
- 2 Add the tropical mix and toss lightly. Chill well before serving.
- 3 Serve the salad in individual glasses on a bed of shredded lettuce.
- 4 Top each portion with a 1 x 15ml spoon (1 tablespoon) of natural yoghurt.