

Egg and Poached Salmon Salad



15 min

Easy

8 people

★★★★★
5 Rating

Created by Julie Goodwin, this Egg and Poached Salmon Salad is a creamy, tangy crowd-pleaser that's perfect for sharing.

Boiled eggs and delicately poached salmon are folded through a zesty yoghurt and mustard dressing, with dill pickles and capers adding a punchy little kick. It's an easy make-ahead dish that turns simple, affordable ingredients into a salad worth passing around the table again and again.

- Quick & Easy
- Dinner Recipes
- Lunch Recipes
- Entertaining



Julie Goodwin
Australia's first MasterChef winner, bestselling cookbook author and TV personality.

Published 5 August 2026

Ingredients

Number of servings

-8+

The original recipe is for 8 servings.

Adjusting the number of serves may require changes to cooking times and ingredient proportions.

- ☐ 6 eggs
- ☐ 250 g skinless salmon fillet
- ☐ 0.5 cup Greek-style yoghurt
- ☐ 0.5 cup whole egg mayonnaise
- ☐ 2 Tbsp whole grain mustard
- ☐ Juice and zest from ½ lemon
- ☐ 2 Tbsp dill (chopped)
- ☐ 3 spring onions (finely sliced)
- ☐ 2 large dill pickles (finely chopped)
- ☐ 2 Tbsp baby capers (rinsed)

Method

1. In a large pot of rapidly boiling salted water, cook the eggs for 6 minutes. Remove and allow to cool before peeling and chopping roughly.
2. In the same pan, bring enough lightly salted water to a gentle simmer to cover the piece of salmon. Poach the salmon fillets for around 8 minutes (less if the piece of salmon is very thin). Remove from the water and allow to cool before gently flaking the fish apart.
3. Combine yoghurt, mayonnaise, mustard, lemon juice and zest. Fold through dill, shallots, dill pickles, capers and boiled egg. Gently stir through the flaked salmon and serve.

Notes

- If not serving immediately, keep the salad in the fridge. It will seize up a bit and needs to be brought back to room temperature before serving.

Nutrition Per Serve



