

SMOKED MACKEREL COUSCOUS SALAD

Serves 2 – A delicious and healthy Lunch

A mood boosting recipe, high in Omega 3, B vitamins and amino-acids from Complementary Therapist Bronwyn at the Chandos Clinic in Bristol. Perfect on a plate or in your lunch box!



Ingredients

200g Wholemeal couscous
3 oranges – two peeled and sliced,
one juiced
2 Tbsp white wine vinegar
1 Tbsp manuka honey
2 Tbsp sesame seeds
150g **Smoked Mackerel**
small bag of watercress or rocket

Cook the couscous as per instructions on packet. Whisk juice, vinegar, honey and sesame seeds to make dressing. Combine all ingredients to make a healthy happy salad.