

SMOKED MACKEREL, POTATO & LEMON CARAWAY SALAD

Serves 2 – Perfect for lunch or as a starter



Ingredients

- 175g Small new potatoes*
- 200g **Smoked Mackerel Fillets**, remove skin*
- 4 Spring onion, finely sliced*
- 140g Small cooked beetroot, sliced into wedges*
- Small bunch of dill, finely chopped*
- 2tbsp **Fino Olive Oil***
- Juice one lemon, zest of half*
- ¼ tsp Caraway seeds*

Place the potatoes in a small saucepan of the boiling water and simmer for 15 minutes or until fork-tender. Cool and cut into thick wedges. Flake the **Smoked Mackerel** into a bowl and add the cooked potatoes. Spring onions, beetroot and dill.

In a separate bowl, whisk together the **olive oil**, lemon juice, caraway seeds and some seasoning. Pour over the salad and toss everything well to coat. Scatter over the lemon zest. Pack into plastic containers and chill, ready for you take on your picnic.