

## ROASTED CARROT, BARLEY & SMOKED MACKEREL SALAD

*Serves 2 – A delicious and colourful Autumn salad*



### Ingredients

- 150g Quick-cook pearl barley
- 2 Medium carrots – cut into small batons
- 1 tbsp **Fino Olive Oil**
- $\frac{3}{4}$  tbsp Cumin seeds
- $\frac{1}{2}$  tsp Ground cinnamon
- $\frac{1}{2}$  Orange – zested and juiced
- 1 tbsp **Fino Extra-virgin Olive Oil**
- 2 tbsp Parsley – chopped
- 2 **Smoked Mackerel** fillets – flaked
- 40g watercress

Preheat the oven to 180°C. Cook the barley in a large pan of water following the packet instructions.

Meanwhile, in a medium roasting tin, toss the carrots with the **olive oil**, cumin seeds, cinnamon and orange zest. Roast for 15 minutes or until tender and golden.

Stir the orange juice, **extra-virgin olive oil**, parsley, carrots and **Smoked Mackerel** through the cooked barley.

Serve with watercress and salad.