

SMOKED MACKEREL, ROASTED CARROT AND BARLEY SALAD

Serves 2

Ingredients

- 2 [Smoked Mackerel fillets](#), flaked
- 150g Quick-cook pearl barley
- 2 Medium carrots, cut into small batons
- 40g watercress
- 2 tbsp Parsley, chopped
- 1 tbsp [Fino Olive Oil](#)
- $\frac{3}{4}$ tbsp Cumin seeds
- $\frac{1}{2}$ tbsp Ground cinnamon
- $\frac{1}{2}$ Orange, zest and juice



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 [Fino Olive Oil](#), cumin seeds, cinnamon and orange zest. Roast for 15 minutes or until tender and golden.

Stir the orange juice, [Fino Olive Oil](#), parsley, carrots and [Smoked Mackerel](#) through the cooked barley.

Serve with watercress and salad - enjoy!