

SMOKED MACKEREL COUSCOUS SALAD

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!

Serves 2 – A delicious and healthy Lunch

Ingredients

- 150g [Smoked Mackerel](#)
- 200g Wholemeal couscous
- 3 oranges – two peeled and sliced, one juiced
- Small bag of watercress or rocket
- 2 Tbsp white wine vinegar
- 2 Tbsp sesame seeds
- 1 Tbsp manuka honey



Cook the couscous as per the instructions on the packet.

Whisk juice, vinegar, honey and sesame seeds together to make dressing.

Combine all of the ingredients to make a healthy happy salad!

Enjoy!