



PROJECT FOOD

A helping hand to healthy eating

Smoked Mackerel and Potato Salad

Serves 2

Ingredients

200g new potatoes, scrubbed and cut into bite-sized chunks
2 teaspoons French mustard
1 tablespoon wine vinegar or lemon juice
2 tablespoons olive oil
Black pepper
2 mackerel fillets, flaked

Optional

125g green beans, cut into inch long pieces
A handful of parsley or chives, chopped or snipped

Method

1. Cook the potatoes in a pan of boiling salted water for 5–10 minutes, or until tender enough to be pierced with a sharp knife. If using, add the beans for the final 3 mins of cooking time, then drain well and leave to steam-dry for 5 mins.
2. Meanwhile, make a dressing by whisking together (or shaking in a small jam jar) the mustard, wine vinegar/lemon juice, olive oil and black pepper.
3. When the potatoes and green beans have cooled slightly, gently toss with the dressing and mackerel.
4. Serve with a green salad.



Top tips

- If you don't have new potatoes, try and use a waxy variety (e.g. charlotte, anja, estima) which will hold their shape when cooked.
- You can use the same dressing for your green salad.
- You could also add some ready cooked beetroot, which goes really well with mackerel.
- Fish, and particularly oily fish, is good for your heart and brain health.