



Smoked Mackerel and Spinach Salad

Serves 6

Ingredients

- 1.2kg baby chat potatoes
- 200g baby leaf spinach
- 4 medium mackerel fillets
- 4 tablespoons pine nuts
- 1 lemon
- Cooking oil spray

For the dressing

- 3 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon smooth mustard
- 1 teaspoon wholegrain mustard
- 1 clove garlic, crushed
- Salt and pepper

Nutritional Guide - Per Serve

Energy: 436cal	Carbohydrate: 23.3g
Protein: 26.4g	Sugars: 4.7g
Fat: 24.9g	Sodium: 224mg
Saturated Fat: 4.6g	Fibre: 5.9g

Method

Step 1: Place the potatoes in a saucepan, cover with water, bring to the boil. Reduce the heat and simmer for 10 minutes, until just tender.

Step 2: Meanwhile, preheat oven to 200°C. Spray a large sheet of aluminium foil with cooking oil spray and place the mackerel fillets on top. Drizzle with 1 teaspoon of lemon juice. Fold the foil together at the top and crimp around the edges to make a sealed parcel and place on a baking tray and cook for 12 minutes.

Step 3: Place pine nuts on a hot pan and dry fry until golden brown.

Step 4: Remove mackerel from oven and gently set aside. Remove potatoes from stove top and drain.

Step 5: Combine the dressing ingredients, add a pinch of salt and pepper and stir well.

Step 6: Arrange spinach leaves on a large serving platter. Halve the potatoes and add to platter. Flake the smoked mackerel and combine with potatoes and spinach. Pour dressing evenly over platter.

Step 7: Squeeze over the remaining lemon juice, toss well and serve.

Are you on a 1200 Calorie Meal Plan?

Your calorie intake for dinner should be between 370-400cal

Does this recipe meet your meal requirements? **NO**

Recommendations:

- Remove pine nuts from recipe.

Total Calories:

370cal

Are you on a 1500 Calorie Meal Plan?

Your calorie intake for dinner should be between 420-450cal

Does this recipe meet your meal requirements? **YES**

Total Calories:

436cal