



Smoked mackerel citrus salad

The versatility of this recipe is fantastic. A dinner for two rustled up within minutes, or a lunch that'll last you for two days created quickly, easily and simply.

Ingredients

- 450g smoked mackerel fillets, skinned
- 200g leftover green beans, cooked
- 450g mixed watercress, spinach and rocket
- 4 spring onions, sliced
- 1 avocado - halved, stoned and sliced
- 1 DSSP olive oil
- 1 TBS fresh coriander, chopped
- Zest and juice of 1/2 orange



Serves 2

Method



1. Cut the mackerel fillets into bite-sized pieces and tip into a bowl
2. Add the green beans, salad leaves, spring onions and avocado
3. In a separate bowl, mix together the oil, coriander and orange zest and juice
4. Pour over the salad, toss together and serve immediately

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