

## Nutritious & Delicious Salad Recipes



### Smoked Mackerel, Orange and Lentil Salad

#### Ingredients (serves 4)

200g Puy lentils

4 small oranges or Clementine's

2 x 85g packs of watercress

400 g smoked mackerel fillet, skinned and coarsely flaked

#### For the dressing

4 tbsp horseradish cream

1 tbsp olive oil

Seasoning

#### Method

1. Wash, then boil the lentils for 15 minutes until just tender.
2. Drain and allow to cool on a large tray.
3. Meanwhile segment the oranges or Clementine's, catching any juices in a bowl.
4. Arrange the watercress, orange segments and smoked mackerel in serving bowls
5. To make the dressing, mix together the horseradish, oil and seasoning and any caught orange juices.
6. Drain the lentils, stir into the dressing and spoon over the salad and serve

#### Key Nutrients

Portion	414g	100g	
Calories	<b>661 (kcal)</b>	<b>131 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	21.6g	6.8g	Med
Saturates	5.5g	1.5g	Low
Sugars	12.8g	3.3g	Low
Salt	0.2g	0.5g	Med
Protein	22.1g	7.4g	-

**Allergen Info: Fish, Milk, Mustard, Eggs, Sulphur Dioxide**