

## Nutritious & Delicious Impulse Snacks



### Impulse Snacks – Smoked Mackerel, Quinoa, Roasted Pepper & Broccoli

#### Ingredients (serves 1)

28g Cooked Quinoa (cooled)  
30g Smoked Mackerel (skinned & diced)  
20g Red Pepper (sliced, roasted & cooled)  
20g Broccoli (blanched & cooled)  
½ Tsp Olive Oil  
¼ Tsp Balsamic Vinegar

#### Method

1. Make up the dressing.
2. Gently layer all the remaining ingredients to a serving pot, adding the dressing as you go.
3. Top with the fish.

#### Key Nutrients

Nutrient	Per 100g	% RNI	Per 100g Serving	% RNI	
Energy kJ	850	10%	857	10%	
Energy kcal	205	10%	207	10%	
Fat	16g	22%	16g	22%	Med
Saturates	2.8g	14%	2.8g	14%	Med
Total Sugars	2.2g	2%	2.2g	2%	Low
Salt	0.70g	11%	0.70g	11%	Med
Protein	7.6g	%	7.6g	%	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

**Allergen Info: Fish**