

Smoked Mackerel with Quinoa in a Citrus Dressing

Ingredients – Serves 2

- 2 x Smoked Mackerel Fillets
- 80g Quinoa
- 180g cherry tomatoes
- 1 fennel head
- 1 lemon
- 1 orange
- 1 tbsp oil
- 1 tsp fennel seeds
- 2 tsp wholegrain mustard
- 40g watercress, spinach & rocket mix
- Large handful of flat-leaf parsley



Method

1. Preheat the oven to 200C / gas mark 6 and boil a kettle.
2. Trim the fennel and thinly slice. Place on a baking tray, drizzle with 1 tsp oil and sprinkle with the fennel seeds and a pinch of sea salt. Place in the oven for 20 mins. After 10 mins, add the cherry tomatoes to the baking tray and place back in the oven for the remaining cooking time.
3. Rinse the quinoa and place in a saucepan with 300ml boiling water and a pinch of sea salt. Simmer for 15 mins, then drain.
4. Peel the orange with a knife and cut out the segments of orange. Finely chop the parsley leaves. To make a lemon dressing; in a bowl, mix 2 tsp olive oil with the wholegrain mustard, half of the chopped parsley, a squeeze of lemon juice plus the juice from 2 orange segments. Season with sea salt and black pepper to taste
5. Heat a frying pan on a medium heat with 1 tsp oil and cook the smoked mackerel for 3 mins each side to heat through (you can serve the smoked mackerel cold if you prefer as it is ready to eat).
6. In a large bowl, mix the quinoa with half of the lemon dressing. Then stir in the roasted fennel, cherry tomatoes, orange segments and the spinach, watercress and rocket mix.

7. Spoon the fennel and quinoa salad on two warm plates and top with the smoked mackerel. Drizzle over the remaining lemon dressing and scatter over the remaining chopped parsley.