

Mackerel fillet with Beetroot, Sweet Potato & Spinach

Mackerel is another potent source of heart healthy Omega 3 fatty acids, and may also help control your blood pressure.

Did you know beetroot is full of nitrates? They can keep blood vessels open and have also been shown to lower blood pressure.

Serves 4



Ingredients

- 3-4 smoked mackerel fillets
- 2-3 sweet potatoes, unpeeled and chopped into 5cm chunks
- 1 pack of vacuum packed cooked beetroot (without vinegar) cut into quarter segments
- 100g of fresh spinach leaves
- 2 tbsp of pumpkin seeds

Dressing:

- 4 tbsp Greek yogurt
- 2 tsp grated horseradish, or ready made horseradish sauce
- 1 tbsp mayonnaise
- 1 tbsp of chopped gherkins (optional)
- Salt and ground black pepper to taste



Method

1. Steam sweet potato for about 12-15 mins until cooked and a sharp knife will easily go into the flesh. Add the beetroot in the last 4-5 mins and allow to warm through.
2. Warm the smoked mackerel fillets very gently in a non-stick pan, allowing the flesh to break up into large chunks, but not a paste.
3. Add the spinach leaves to the pan of mackerel and stir the warmed fish through it, allowing it to wilt slightly. Pour into a serving bowl.
4. Add in the warm sweet potato and beetroot pieces to the bowl and gently mix together.
5. Mix the dressing ingredients together in a bowl.
6. Dollop the dressing over the top - and sprinkle with the pumpkin seeds for a crunchy flourish.

Serve immediately.