



Smoked mackerel and prune salad

Serves 3-4

Ingredients

- 200g dark green or puy lentils
- 150g MSC certified smoked mackerel, torn into bite-size pieces
- 150g prunes, halved
- 200g cherry tomatoes, quartered
- 4 spring onions, finely sliced
- a small handful of dill, chopped
- 2 tbsp olive oil
- 1 tsp Dijon mustard

Method

Cook the lentils according to the pack (or use a ready cooked pouch for a really speedy meal).

While the lentils are cooking, whisk together the olive oil and mustard for the dressing. When the lentils are cooked, combine with all the remaining ingredients and drizzle over the dressing. Season to taste.

Serve with some fresh bread for a complete meal.

Nutrition Facts

Servings: 4

Amount per serving

Calories **357**

% Daily Value*

Total Fat 19.2g 25%

Saturated Fat 6.2g 31%

Cholesterol 0mg 0%

Sodium 139mg 6%

Total Carbohydrate 37g 13%

Dietary Fiber 8.1g 29%

Total Sugars 16.9g

Protein 13.5g