Smoked Mackerel with a Fennel & Watermelon Salad

Beechwood smoked mackerel with a fennel and pickled watermelon salad

By Mark Irish

Overview ...





CALORIES:

9.6% Carbs

21% Protein

69.5% Fat

Food Labelling...

Serves **1**

CONTAINS:

FISH

Recipe Ingredients ...	Quantity:	Description:
32411 M&J Seafood Scottish Hot Smoked Mackerel Fillets. -	75g	1x Each
131355 Pickled Watermelon -	50g	
89773 Prep Premium Lemon Infused Oil 1 Litre -	7.5g	
12020 Fennel -	30g	
74063 Watercress -	25g	

Products / Pack Sizes ...

1 Serving

Product code

Barcode

188g / **339kcal**

\# **1**

Cooking Instructions & Notes

Preparation:

Remove the skin from the mackerel fillets and flake
Quarter, core and very finely slice the fennel
Wash and dry the watercress

Method:

1. Place watercress in a suitable dish, arrange the fish, melon and fennel on top
2. Drizzle with lemon oil to finish - serve

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