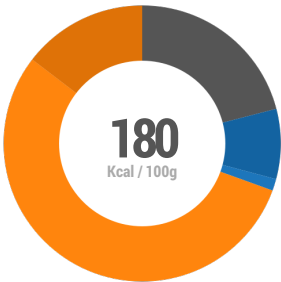


# Smoked Mackerel with a Fennel & Watermelon Salad

Beechwood smoked mackerel with a fennel and pickled watermelon salad

By Mark Irish from Brakes

Overview ...



CALORIES:

9.6% Carbs

21% Protein

69.5% Fat

Food Labelling...

Serves 1

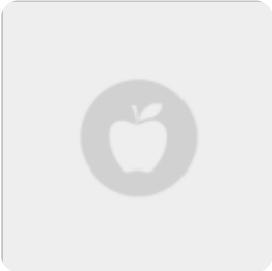
CONTAINS:



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