

## Smoked Mackerel, Apple and Fennel Salad

Serves 2

Preparation time: 10 mins

Cooking time: none

### Ingredients:

1 bulb fennel, trimmed  
1 red apple, quartered and cored  
1/2 small red onion, finely sliced  
1 (250g) pack peppered smoked mackerel fillets, skinned  
1 (120g) bag baby leaves with watercress

For the dressing:

3 tbsp natural low fat yogurt  
zest and juice 1 lemon



### Method:

- 1 Thinly slice the fennel and apple and place in a bowl with 2 tbsp of the lemon juice from the dressing, toss until coated in juice. Mix in the red onion and mackerel.
- 2 Divide the salad leaves between two plastic containers with lids, then heap the fennel and mackerel mixture in the centre of the leaves. Mix all the dressing ingredients together and spoon into a small container. Refrigerate the salad and dressing until ready to serve.
- 3 To serve, drizzle the salad dressing over the salad and toss lightly to mix.

**Tip:** Adding lemon juice to the apple will help prevent it from turning brown, keeping it looking good until lunchtime.

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