



# Mackerel Sizzle Rich Tomato and Herbs Quinoa Salad



Serve succulent mackerel fillets with their sizzling sauce on a Mediterranean-style roast vegetable and quinoa salad.

	Calories	Sugars	Fat	Saturated Fat	Salt
Per 100G	120KCAL	2.2G	7.2G	1.4G	0.19G
RI%	6%	2%	10%	7%	3%

## Method

- 1 Preheat the oven to 200°C, fan oven 180°C, Gas Mark 6.
- 2 Put the cauliflower, pepper and courgette into a roasting tin with the olive oil, tossing to coat. Roast for 20 minutes.
- 3 Five minutes before the vegetables are ready, microwave the quinoa following pack instructions.
- 4 Tip the roast vegetables into a bowl and add the quinoa, lemon zest and lemon juice. Cool for a few minutes.
- 5 Sizzle the mackerel and marinade over a medium heat for 1½ minutes each side, spooning the marinade over the fish.
- 6 Transfer the roasted vegetable mixture to a serving plate and top with the mackerel and sauce. Serve



## Ingredients

- 1 x can Princes Mackerel Sizzle Tomato and Herb
- 80g cauliflower, broken into very small florets
- 1 small red pepper, deseeded and chopped
- 1 small courgette, chopped
- 1tbsp olive oil
- 125g (1/2 pack) microwaveable quinoa
- Finely grated zest and juice of ½ lemon



