



Moroccan Mackerel Salad



There's a delicious combination of flavours and textures in this North African-style couscous salad.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	126kcal	5g	5.5g	1.1g	0.37g
RI%	6%	6%	8%	5%	6%

Method

1. Tip the cans of Princes Moroccan Mackerel onto a plate. Break the fish into chunks and set aside.
2. Put the couscous into a bowl and pour over the hot vegetable stock. Add the red onion and stir to mix. Leave to soak for 10 minutes.
3. Meanwhile, mix together the carrot, cucumber, apricots, sultanas and pomegranate seeds.
4. Fluff up the grains of couscous with a fork and combine with the carrot mixture. Mix together the olive oil with the orange zest and juice. Season with a little salt and pepper. Add to the couscous with the chopped mint and stir well.
5. Share the salad between 2 plates and top with the mackerel. Serve, garnished with mint sprigs.
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Ingredients

2x125g cans Princes Moroccan Mackerel
100g dried couscous
200ml hot vegetable stock
1 small red onion, finely chopped
1 medium carrot, grated
5cm piece of cucumber, finely chopped
30g ready-to-eat dried apricots, finely chopped
20g sultanas
50g pomegranate seeds
1tbsp chopped fresh mint, plus sprigs to garnish
1tbsp olive oil
Finely grated zest and juice of 1 small orange
Salt and freshly ground black pepper

