



Tasty Tomato, Mackerel and Potato Salad



Serves
4



Prep
10 minutes



Cooking
15 minutes



	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	102kcal	1.7g	5.5g	0.9g	0.2g
RI%	5%	2%	8%	5%	3%

Method

1. Put the Princes Tomato and Roasted Onion Mackerel Fillets onto a plate and share into 4 equal portions.
2. Cook the new potatoes in gently boiling water for 15 minutes, until tender. Drain well. Add the olive oil and lemon juice, and season with a little salt and pepper. Leave to cool.
3. Add the cherry tomatoes, peppers, spring onions, capers and parsley to the cooled potatoes.
4. Share the potato salad between 4 serving bowls or plates and serve, topped with the mackerel fillets.

Ingredients

1 x 190g can Princes Tomato and Roasted Onion Mackerel Fillets
500g baby new potatoes, halved
2 tbsp olive oil
1 tbsp lemon juice
12 cherry tomatoes, halved
100g roasted red peppers (from a jar) sliced
6 spring onions, finely sliced
2 tbsp capers, drained
1 tbsp chopped fresh parsley
Salt and freshly ground black pepper

