

# Warm Mackerel & Beetroot Salad

*Seriously fresh and tasty, amazing colours, and healthy cleansing vitamins, minerals and Omega oils – what more could you ask for? Try mixing regular purple beetroot with golden beetroot, or the Chioggia variety: pink with white rings inside. You could spoil the super healthy effect and add further to the taste factor by including a big dollop of mayonnaise of course; or try mixing the mackerel with a little butter, lots of black pepper, horseradish sauce and smidge of cream for a yummy smoked mackerel paté. We sell nuts and mackerel fillets in the shop now, along with local ham and chorizo, so pop in and check it out. . .*

**Serves 4 as a light lunch/starter**

- 450g potatoes
- 3 smoked mackerel fillets
- 250g beetroot
- 1 bag mixed salad leaves
- handful kale, finely sliced
- 2 celery sticks, finely sliced
- handful walnut pieces (optional)
- 3 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp mustard
- 1 tsp horseradish sauce



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Scrub the beetroot and boil whole for 15-30 minutes, depending on the size, until tender. Scrub the potatoes and cut into small pieces; boil for just over 10 minutes until tender. Drain and refresh in cold water, drain again. Grill the mackerel for few minutes on both sides, and cut or pull apart into large flakes (remove the skin if you like, and any obvious bones). Peel the beetroot if desired and cut into wedges. Whisk together the oil, lemon juice, mustard and horseradish. Mix together the celery, beetroot, potatoes, washed salad leaves and kale; sprinkle the mackerel and nuts over the top. Drizzle the dressing over, toss together gently, and serve with warm crusty bread.



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