

BEETROOT, NEW POTATO & SMOKED FISH SALAD

Source: family
Serves 4



- o New potatoes – 450 g
- o Eggs-4
- o Sugarsnap peas – 100g
- o Spring onions, trimmed – 1/2 bunch
- o Smoked Mackerel – 250g
- o Beetroot – 2 pcs

Dressing:

- o Olive oil – 6 TBSP
- o Red wine vinegar – 2 TBSP
- o Caster sugar – 2 tsp
- o Grainy mustard - 2 tsp
- o Salt and pepper

1. Scrub potatoes and halve if large, bring to boil with little salt then simmer for 15 mins until soft.
2. Hard boil eggs.
3. Shred sugar-snap peas and put in salad bowl with spring onions.
4. Discard skin from mackerel and flake into bowl with peas and onions.

5. Cut beetroot (I use cooked) cut into thin matchsticks.

6. Drain potatoes and add to bowl with sliced eggs, then add dressing.

7. Add beetroot matchsticks on top just before serving *For the*

Dressing:

Mix together oil, vinegar, sugar and mustard in a bowl or jar and season to taste