



THOUGHTFUL COOKING WITH TINA

Hydrating Summer Salad with Mackerel & Yoghurt Dressing

SERVES 2 · 20 MIN

A refreshing mackerel salad with crisp vegetables and a cool yoghurt dressing — high in protein, rich in omega-3, and made for hot summer days.

INGREDIENTS

PICKLED FENNEL

1 small fennel bulb, very thinly sliced with a kitchen mandolin, if available
1 1/2 tbsp lemon juice
2 tbsp water
Small pinch fine sea salt

SALAD

2 tins Mackerel in olive oil, drained (about 200–250g total)
2 medium cucumbers, sliced
4 celery stalks, finely sliced
4 radishes, very thinly sliced
½ avocado, sliced
Handful of mint

DRESSING

300g thick Greek yoghurt
1½ tbsp lemon juice
1 tbsp extra virgin olive oil
1-2 tbsp water
Handful of dill, finely chopped (reserve some for serving)
Black pepper, to taste
½ small garlic clove, finely grated (optional)

ALLERGENS

Fish · Dairy

METHOD

1. Combine the lemon juice, sea salt and water in a bowl. Add the fennel slices, toss briefly and leave aside while preparing the rest of the salad.
2. Thinly slice the cucumber, celery and radishes. Slice the avocado and arrange everything in a serving bowl. Scatter over the mint and some dill.
3. Break the Mackerel into large pieces and place over the salad.
4. In a separate bowl, whisk together the yoghurt, lemon juice, olive oil, chopped dill and black pepper. Add the garlic if using, then loosen the dressing with 1–2 tbsp water until it's pourable.
5. Spoon the dressing over the salad and finish with extra black pepper, dill and a squeeze of lemon before serving.