



Mackerel and chickpea salad

Serves:



Preparation:
10 minutes

Ingredients

- 1 medium carrot
- 2 smoked mackerel fillets (vacuum packed), flaked
- 3 tbsp extra virgin olive oil
- Finely grated zest and juice of 1 small lemon
- 1/2 (half) x 400g can chickpeas, drained and rinsed
- 2 tsp capers
- 3 tbsp roughly chopped parsley
- 1 tsp sea salt
- 1/2 (half) tsp freshly ground black pepper
- 1 heaped tbsp raisins
- Wholemeal, granary or seed bread or toast, to serve

Method

1. Peel and trim the carrot, then using the peeler make long carrot ribbons. Place them into a medium bowl and add all the remaining ingredients other than the bread.
2. Toss together gently until mixed and well coated in the dressing. Season to taste. Place the bread onto 2 serving plates and spoon the salad over the top. Drizzle with any remaining dressing.

Fuel learning

- Beans and pulses, like chickpeas, provide a combination of protein and slow release carbs which help to keep blood sugar levels stable and provide the brain with a regular supply of glucose which will help it to stay active and alert.
- Mackerel is another oily fish rich in Omega-3 fats which help the brain cells to communicate with each other.

Tips

- Adding fruit (fresh or dried) to savoury dishes will help you reach the daily recommended target of five fruit and vegetable portions.
- For a quick on-the-go option, try using canned salmon - it's just as tasty.
- Always keep your cupboard stocked with canned beans and pulses as they can be added to salads, soups or casserole for a balanced meal.