

"We all loved this Smoked Mackerel Salad, the salty fish, the crisp lettuce, creamy avocado and the refreshing summer fruits. All I added was a yogurt dressing and a few crispy rolls and voila, dinner was served."

- Chef Nina Timm

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serves 4 - 6

Ingredients

- 200 g Three Streams Smoked Mackerel fillets
- half a iceberg lettuce - washed and broken into chunks
- ½ a cucumber - thinly sliced
- 125 ml chopped spring onions
- 1 pineapple peeled and diced in small cubes
- 8 - 10 strawberries cut in thin slices
- fresh herbs - basil, parsley and thyme
- 2 ripe avocados - scooped in chunks

For the Salad Dressing, [click HERE!](#)

Method

Find your prettiest salad platter and just pile all the goodness on the platter in a neat chaos.

Break the fish fillets into strips or chunks and add the the salad.

Serve with crusty bread, wholewheat bread or banting crackers.