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Home > Advice > Smoked mackerel, broccoli and almond salad recipe

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## smoked mackerel, broccoli and almond salad recipe

PIZZA

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Posted in [March](#), [April](#), [May](#), [All Recipes](#), [Spring](#) on 1st March 2020

SALE

This is an excellent salad for lunch or as a starter for dinner. Serve with [golden bread](#), scraped lightly with garlic and drizzled with a little extra virgin olive oil. There are two different dressing recipes here, both good. I swap around.

ADVICE



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For 5-6 (as main, 8-10 as starter)

For the salad

- 1 red onion, very thinly sliced
- 2 tablespoon capers and 1 tablespoon of the vinegar from capers
- 1 lemon, zested and juiced
- ¼ teaspoon salt
- 300g tender stem broccoli
- 300g purple sprouting broccoli
- 4 smoked mackerel fillets
- 60g flaked almond, toasted
- 60g blanched hazelnuts, roasted & roughly chopped

For the yoghurt dressing

- 4 tablespoon natural yoghurt
- 3-4 tablespoons extra virgin olive oil
- 20g chopped herbs – mint, parsley, dill
- Zest & juice of 1 lemon
- Flaky salt & pepper

For the apple dressing

- 100ml olive oil
- 50ml cider vinegar
- ½ apple peeled and chopped
- 20g herbs – mint, parsley, dill
- ½ tablespoon runny honey
- Salt & pepper

Mix together the onion, capers, vinegar, salt, lemon zest and juice. Leave to marinate for at least one hour, longer if possible.

Blend all the dressing ingredients in a food processor for either the yoghurt or apple version.

Steam the broccoli for 5-7 minutes until tender.

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Skin and flake the mackerel into chunky size pieces.

Toss all the salad ingredients together gently with half of the dressing and half of the toasted nuts.

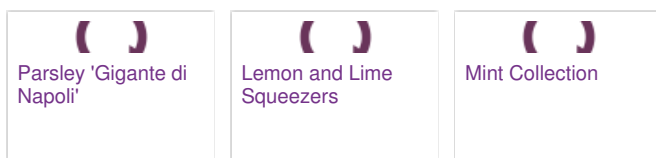
Arrange in a serving bowl or a large flat dish and drizzle the rest of the dressing and scatter over the remainder of the nuts.

*This recipe featured in the Sarah Raven 2016 Calendar.*

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