

# Mackerel Pasta Salad

This recipe makes a quick and healthy meal that's perfect for a sunny day. Wholemeal pasta contains more fibre than white pasta, so it helps you maintain a healthy digestive system. You can easily vary the vegetables or fish you use to include your favourites.



Fish and wheat (gluten)\*

Nutritional information per portion (358g):

Energy	Fat	Saturates	Sugars	Salt
1684kJ 401kcal 20%	<b>18g</b> 25%	<b>3.0g</b> 15%	<b>6.8g</b> 8%	<b>0.8g</b> 13%

of an adult's reference intake.  
Typical values per 100g: energy 470kJ/112kcal.

## Equipment

Colander  
Kitchen paper  
Weighing scales  
Large saucepan  
Large mixing bowl  
Chopping board  
Sharp knife  
Can opener  
Sieve  
Small bowl x 2  
Mixing spoon  
Measuring spoons  
Fork

## Ingredients

### Serves 4

2 different coloured peppers OR 320g frozen peppers  
4 spring onions  
8 cherry tomatoes  
4 sprigs fresh mint (optional)  
300g wholemeal pasta  
12 pitted black olives (optional)  
2 x 125g cans mackerel in olive oil (save the oil for the dressing)

### Dressing

2 x 15ml spoons olive oil (reserved from the canned fish)  
1 small lemon  
Black pepper

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- To test if the pasta is cooked, take out one of the pasta pieces, let it cool and taste. It should be soft and not too chewy.
- Using leftover cooked pasta in this salad is a great way to reduce food waste.
- 1 can of mackerel usually contains 2 or 3 x 15ml spoons of oil, enough to make the salad dressing.

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## Method

1. Wash the fresh peppers (if using), spring onions, tomatoes and mint (if using) and pat dry with kitchen paper.
2. Cook the pasta in a pan of boiling water according to the instructions on the pack.
3. If using frozen peppers, add to the pasta when it is just cooked and bring the water back to the boil to defrost them.
4. Drain the pasta in a colander, cool with cold water and place in the large mixing bowl.
5. If using fresh peppers, deseed and cut into 1–2cm pieces. Finely chop the mint (if using). Top and tail and finely chop the spring onions. Add everything to the large bowl with the pasta.
6. Cut the tomatoes in half and add to the bowl. Add the black olives (if using).
7. Open the cans of mackerel and drain through a sieve into a bowl to reserve the oil. Add the mackerel to the chopped vegetables and pasta and mix together gently.
8. To make the dressing, measure 2 x 15ml spoons of the oil into a small bowl. Cut the lemon in half and squeeze the juice from 1 half. Add 1 x 15ml spoon of the lemon juice to the oil, together with the black pepper. Whisk with a fork and pour over the pasta salad. Cut the other half of the lemon into small wedges to serve with the salad.

## Something to try next time

- Add a range of seasonal vegetables, such as cooked French beans or sweetcorn.
- Replace the mackerel with canned tuna or sardines.
- Use 1 can of fish in olive oil and substitute the second can with 2 quartered hard-boiled eggs.

## Prepare now, eat later

- This salad can be kept in an airtight container in the fridge for up to 48 hours. It's not suitable for freezing.

### Skills used include:

Washing, weighing, measuring, chopping, mixing/combining and boiling/simmering.