

ROASTED BEETROOT & QUINOA WITH MACKEREL

4 mackerel fillets
700g beetroot
20ml rapeseed oil
350g red and white quinoa
15g pumpkin seeds
15g sunflower seeds
170g soya beans
1 lemon
15g clear honey

METHOD

1. Wash, peel and cut the beetroot into wedges and cook in boiling water for 2-3 minutes. Plunge into ice cold water. Rinse and pod the soya beans. Juice the lemon.
2. Cook the quinoa as pack instructions. Heat the oven to 180°C. Trim the fish and remove any bones. Heat up a grill.
3. Mix together the beetroot, a third of the oil and black pepper. Place in a dish and roast for 30-35 minutes or until tender, turning halfway through cooking. Place the seeds and nuts on a baking tray and bake until lightly coloured.
4. In a large bowl mix together the beetroot, beans, nuts, seeds, lemon juice and honey.
5. Brush the mackerel fillets with oil and a few turns of black pepper. Place on a suitable tray and grill skin side up until starting to colour. Finish cooking in the oven until cooked through.
6. To serve, spoon a portion of salad in the centre of a bowl or plate and top with a mackerel fillet.

SERVES
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