



**RED KIDNEY BEAN  
& MACKEREL SALAD**

# RED KIDNEY BEAN & MACKEREL SALAD



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per  
serving:  
422 kcal  
27g Fats  
27g Carbs  
20g Protein



GF

DF

HP

Q

N

## WHAT YOU NEED

- 1 garlic clove, crushed
- ½ lemon, juiced
- 2 tbsp. olive oil
- ½ cucumber, sliced
- 8 radishes, sliced
- handful parsley, chopped
- 1 ¼ cup (240g) chickpeas, drained
- 1 ¼ cup (240g) kidney beans, drained
- 3/8 cup (85g) rocket
- ⅔ cup (150g) smoked mackerel
- ⅜ cup (50g) pecans, chopped

## WHAT YOU NEED TO DO

*Make the dressing by mixing the crushed garlic, lemon juice, and olive oil. Season to taste with salt and pepper.*

*In a bowl, toss the cucumber, radish, parsley, chickpeas, kidney beans and rocket and drizzle with the dressing. Divide the salad into portions.*

*Break the mackerel into pieces and place on top of the salad. Sprinkle with pecans and serve with additional lemon slices.*