Posted on 26 July 2016

by Liz Robb

Smoked Mackerel Pasta Salad

Ingredients

300g fusilli pasta 2 red peppers
150g green beans
5 small vine tomatoes
1 courgette
A third of a cucumber
3 or 4 spring onions
A small handful of black olives
2 eggs
3 smoked mackerel fillets
A small handful of chives
For the dressing:
3 heaped tablespoons of plain yoghurt
2 heaped tablespoons of low fat crème fraiche
1 tablespoon of wholegrain mustard
1 tablespoon of Dijon mustard
1 lemon
1 tablespoon of olive oil
A few sprigs of dill
Salt and freshly milled black pepper

Servings
4
Person

Preparation

1. 1. Heat the oven to 190 degrees or 170 degrees fan oven. Deseed the peppers and cut them into quarters. Lightly oil a baking tray and cook for 30-40 minutes, or until the peppers are soft and the skins begin to blacken. Allow to cool, peel off the skins and chop roughly. 2. Meanwhile, bring a large pan of lightly salted water to the boil and cook the pasta according to the instructions on the packet, until it is al dente. Drain the pasta and place under running cold water to cool, then set to one side.
2. 3. Cook the eggs in boiling water until they are hard boiled, then run under cold water and allow to cool.
3. 4. Top and tail the green beans and cut into short lengths. Cut the courgette in half lengthways and cut into thin slices. Steam them both for just 2-3 minutes then cool under running cold water and set aside.
4. 5. To prepare the dressing, spoon the yoghurt, crème fraiche and mustards into a small bowl and stir together. Squeeze in 2 tablespoons of lemon juice, add the olive oil, season with salt and black pepper and whisk well together. Chop the dill finely and stir it in.
5. 6. Chop the cucumber and the tomatoes into small pieces, chop the spring onions and stir them into the pasta along with the green beans, courgette, red pepper and halved black olives. Pour in the dressing and combine well together. Remove the skin and any bones from the smoked mackerel fillets and flake into the pasta, stirring again.
6. Serve garnished with the eggs, peeled and cut into wedges, and chopped chives.

Cooks Note

A dish of this tasty pasta salad with smoked mackerel is just the thing to share for summer lunches, barbecues and picnics! It is filling, with lots of healthy vegetables, and very simple to make.

Serves 4.