Mackerel, Apple and Potato Salad

2 meal-sized salads · Active 15 min · Total 55 min

Skills: Easy

Ingredients

- 12 oz waxy potatoes, cut into 3/4-inch pieces (340 g)
- 7 oz ready-to-eat smoked mackerel fillets (200 g)
- 1 crisp apple, cored and diced (150 g)
- 1 celery stalk, finely sliced (50 g)
- 1 tablespoon olive oil (15 ml)
- 1 tablespoon lemon juice (15 ml)
- 1 teaspoon Dijon mustard (5 g)
- 1 tablespoon chopped dill (4 g)
- 1/4 teaspoon black pepper
- 1/4 teaspoon fine salt

Set out

Saucepan, Colander, Mixing bowl

Allergens

Fish, Mustard, Celery. Check labels and substitutions.

Make it

1. Simmer potatoes in water for 10–15 minutes until tender. Drain well, spread in a shallow container and refrigerate promptly until cold, about 25 minutes.

2. Whisk oil, lemon, mustard, dill, pepper and salt in the bowl. Toss apple and celery through it.

3. Remove skin and any bones from mackerel, then flake into large pieces.

4. Fold cold potatoes and mackerel into the dressing gently. Serve chilled.

Cook potatoes before a travel day

A safely chilled batch makes this a quick assembly meal later. Mark its cooking date so the potatoes' original storage limit stays visible.

A useful detail

The total includes estimated chilling; do not mix warm potatoes with chilled smoked fish.

Keep it well

Keep at 40°F/4°C or below for up to 2 days or the fish label limit, whichever is earlier. Refrigerate potatoes promptly within 2 hours, or 1 hour above 90°F/32°C. Transport with two cold sources and keep chilled until eating.