

Smoked mackerel



Ingredients

3 slices (around 50g each)

pumpernickel-style dark rye bread, cut in half

50g half-fat crème fraîche

2 tbsp roughly chopped dill, plus extra to garnish

2 tsp horseradish sauce

1 small eating apple, quartered, cored and cut into small chunks

8 cherry tomatoes, halved

1 slender celery stick, sliced

2 x 35g smoked mackerel fillets

75g vacuum-packed beetroot (not in vinegar), drained

1 lemon, cut into wedges, to serve

Method

1. Divide the bread between 2 plates or boards. Mix the crème fraîche, dill and horseradish sauce in a bowl. Stir in the apple, tomatoes and celery, then spoon on top of the bread.

2. Flake the mackerel into chunky pieces (discard the skin) and arrange on top. Cut the beetroot into small chunks and place on top of the mackerel. Top with more dill and serve with lemon wedges for squeezing over.