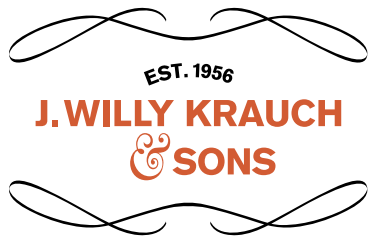




Winter Harvest Salad *with Smoked Mackerel*

Recipe Type: Ready to Eat

Serves 6: As an Appetizer



INGREDIENTS

Winter Harvest Salad:

- **2 Fillets** *J. Willy Krauch Hot-Smoked Mackerel, Flaked (Approx. 225g)*
- **1 Large Carrot**, Peeled and Julienned
- **1 Small Red Pepper**, Thinly Sliced
- **1/4 Green Cabbage**, Shredded
- **2 Raw Beets**, Peeled and Grated
- **1/4 Cup Green Onions**, Sliced (*Garnish*)
- **2 Tbsp Toasted Flaxseed, Pumpkin Seeds, or Sunflower Seeds** (*Garnish*)

Salad Dressing:

- **4 Tbsp Olive Oil**
- **1 Orange**, Juice
- **1 Tbsp Red Wine Vinegar**
- **Salt To Taste**



INSTRUCTIONS

Salad Dressing:

1. Combine dressing ingredients in a clean screw-top jar and shake well.

Winter Harvest Salad:

2. Carefully remove the pin bones and skin from the *J. Willy Krauch Hot-Smoked Mackerel*, and flake into bite-size pieces.
3. In a mixing bowl, combine all vegetables, add dressing, and mix well.
4. To serve, create a base with salad, and sprinkle the flaked *J. Willy Krauch Hot-Smoked Mackerel* over the salad. Garnish with sliced green onions, or your favourite toasted seeds, such as flaxseed, pumpkin seeds, or sunflower seeds. *Serve immediately.*