

# Mackerel pasta salad

## Ingredients

Serves 4

- 300g dried wholewheat pasta
- 2 peppers
- 250g cherry tomatoes
- 150g sugar snap peas
- 60g rocket
- 2 cans mackerel in olive oil
- Juice of ½ a lemon

## Method

1. Bring water to boil in a large saucepan and cook the pasta according to packet instructions.
2. Whilst the pasta is boiling, finely dice the peppers, halve the cherry tomatoes, and slice the sugar snap peas.
3. Drain the cans of mackerel into a bowl, saving the olive oil for the dressing.
4. Once the pasta is cooked, drain and leave to cool.
5. Combine the juice of half a lemon with 3 tbsp of the olive oil you saved from the canned mackerel. Add some black pepper to taste, and any additional optional seasonings (we like dried basil and mint).
6. Once the pasta has cooled, combine all ingredients in a large mixing bowl and serve!

## Beezee top tip:

This dish contains 40% of your recommended daily fibre intake. PLUS it's a good source of omega-3, unsaturated fats and contains two of your five-a-day!

