



Mackerel Avo Smash

Ingredients

½ tin of mackerel/tin of sardines/2 boiled eggs/ ½ cup of cottage cheese, ½ chickpeas or beans/ hummus
½ avocado
1 tbsp balsamic vinegar
4/5 baby tomatoes diced
1 baby cucumber diced
pickled onions chopped
fresh dill
salt and pepper

Instructions

- Pick your choice of protein: mackerel/sardines and cottage cheese or boiled eggs and cottage cheese, or chickpeas/beans or hummus, whatever combination floats your boat.
- Mash together with avocado, balsamic vinegar, salt and pepper.
- Chop tomatoes, cucumber, pickled onions and fresh dill.
- Mix all together.
- Perfect served on Ryvita crispbread, seed crackers, sourdough toast, in lettuce cups, if carb free.
- Top with more red pickled onion and even sauerkraut.

This is such a quick and easy recipe and works really nicely for meal prep. Play around with the combinations. Keep some aside for a high protein snack in the afternoon.

It's also perfect with nachos, carrot or celery sticks.