

Smoked mackerel omelette with horseradish

Takes 15 minutes, serves 1 and uses a saucepan and frying pan

INGREDIENTS

90g new potatoes, sliced

1 teaspoon olive oil

3 eggs

1 mackerel fillet

For the salad:

35-50g mixed salad leaves

1 teaspoon horseradish sauce

2 teaspoons olive oil

1 teaspoon white wine vinegar

1 tablespoon chives, chopped

DIRECTIONS

Simmer your sliced potatoes in lightly salted water for 5 minutes, then drain. Heat a teaspoon of olive oil in a frying pan over a medium heat, add the drained potatoes and cook for a couple of minutes on each side.

Meanwhile, break your eggs into a jug or mug, season them and beat them lightly. When the potatoes are cooked, pour the egg mixture over the top and swirl it around the pan, occasionally bringing the edges in with a spatula, allowing the liquid egg to flow back onto the base of the pan.

Break your mackerel fillet into pieces over the pan, scattering them across the top of the omelette. When the top of the omelette is nearly cooked, so when it's just about to turn solid, fold two opposite edges over, into the middle and slide it onto a plate. Scatter the chives on top (alternatively, simply cut the chives using scissors, directly onto the omelette).

Finally, place a handful of salad leaves next to your omelette, dot the horseradish over the leaves, and drizzle 1 teaspoon white wine vinegar and 2 teaspoons olive oil over them.

