
Mackerel, New Potato & Watercress Salad with Horseradish

A vibrant, protein-rich salad featuring omega-3 packed mackerel, tender new potatoes, and peppery watercress with a zesty horseradish dressing for balanced blood sugar.

Prep: 15 min

Cook: 25 min

Total: 40 min

Servings: 4

GL 20.4 / GI 48

Ingredients

Lower GI than regular potatoes; cooling after cooking increases resistant starch new baby potatoes

Excellent source of omega-3 fatty acids and protein; helps slow glucose absorption fresh mackerel fillets

Approximately 30ml juice per lemon; may help moderate blood sugar response lemons, juiced

Capsaicin may support metabolic health dried red chilli flakes

Good source of fiber and plant protein; moderate GI frozen peas

Rich in anthocyanins; supports insulin sensitivity red cabbage, thinly shredded

Low glycemic; rich in lycopene and fiber baby plum tomatoes, halved

Nutrient-dense leafy green; negligible glycemic impact watercress

Contains quercetin; may support blood sugar regulation red onion, finely chopped

Provides protein and probiotics; choose unsweetened varieties fat-free natural unsweetened yoghurt

Adds bold flavor without sugar; check label for added sugars hot horseradish sauce

For seasoning; may have mild metabolic benefits black pepper

Instructions

Step 1

Preheat your oven to 220°C (200°C fan/gas mark 7). Prepare a baking tray by lining it with parchment paper and set aside.

Step 2

Bring a large pot of water to a boil and add the new potatoes. Cook for 20 minutes until tender when pierced with a fork. Drain thoroughly, then slice the potatoes into thick rounds. Return them to the pot, cover with a lid, and set aside to cool slightly, which helps develop resistant starch for better blood sugar control.

Step 3

While the potatoes cook, arrange the mackerel fillets skin-side down on the prepared baking tray. Drizzle half of the fresh lemon juice over the fish, season generously with black pepper, and sprinkle the chili flakes evenly across the fillets. Place in the preheated oven and bake for 15 minutes until the fish is cooked through and flakes easily.

Step 4

Remove the mackerel from the oven and allow to cool for 5-10 minutes. Once cool enough to handle, carefully peel away and discard the skin, then gently flake the fish into large chunks, removing any small bones you encounter.

Step 5

Prepare the horseradish dressing by combining the finely chopped red onion, fat-free yogurt, horseradish sauce, and remaining lemon juice in a small bowl. Whisk together until smooth and well combined, then season with black pepper to taste. Set aside.

Step 6

Cook the frozen peas in boiling water for 1-2 minutes until just tender but still bright green. Drain immediately and transfer to a large mixing bowl. Add the shredded red cabbage and halved tomatoes, tossing gently to combine.

Step 7

Add the sliced potatoes and watercress to the bowl with the vegetables and toss everything together gently but thoroughly. Divide the salad mixture among 4 serving plates, top each portion with the flaked mackerel, and serve with the horseradish dressing on the side. For optimal blood sugar control, encourage diners to eat the vegetables and fish first before the potatoes.