

Omega-Rich Green Power Bowl with Smoked Mackerel

A nutrient-dense salad combining omega-3 rich mackerel with fiber-packed greens and a tangy yogurt dressing—perfect for stable blood sugar levels.

Prep: 10 min

Cook: 10 min

Total: 20 min

Servings: 1

GL 3.8 / GI 25

Ingredients

- Low GI vegetable, high in fiber

green beans
- Low GI cruciferous vegetable, supports blood sugar regulation

thin-stemmed broccoli
- Large handful, nutrient-dense leafy green

baby spinach leaves
- High in omega-3 fatty acids and protein

hot-smoked mackerel fillets, skinned and flaked
- Adds healthy fats and crunch

sunflower seeds, toasted
- Probiotic-rich, moderate protein

low-fat natural yogurt
- Helps lower glycemic response

fresh lemon juice
- Zero glycemic impact, adds flavor

wholegrain mustard
- Fresh herb, negligible carbohydrates

fresh dill, chopped, plus extra for garnish

Instructions

Step 1

Bring a medium saucepan of water to a rolling boil over high heat. This will be used to blanch the vegetables while preserving their nutrients and vibrant color.

Step 2

Add the green beans to the boiling water and cook for 2 minutes until they turn bright green but remain crisp-tender. The brief cooking time preserves fiber structure, which is important for blood sugar management.

Step 3

Add the broccoli to the same pot with the green beans and continue cooking for an additional 4 minutes. Both vegetables should be tender but still have a slight bite, maximizing their fiber content.

Step 4

Drain the cooked vegetables in a colander and immediately rinse under cold running water to stop the cooking process. Drain thoroughly and set aside to cool completely. This cooling step also increases resistant starch content, further lowering the glycemic impact.

Step 5

Prepare the yogurt dressing by combining the yogurt, lemon juice, wholegrain mustard, and chopped dill in a small jar or bowl. Add a generous twist of freshly ground black pepper. If using a jar, secure the lid and shake vigorously for 15-20 seconds until well emulsified. The lemon juice helps lower the overall glycemic response of the meal.

Step 6

In a large bowl or portable container, combine the cooled green beans and broccoli with the fresh baby spinach leaves. Add the flaked smoked mackerel and gently toss to distribute evenly. The raw spinach adds additional fiber and nutrients.

Step 7

If eating immediately, drizzle the yogurt dressing over the salad and toss gently to coat. Top with toasted sunflower seeds, extra fresh dill, and another grind of black pepper. For meal prep, pack the dressing separately and add just before eating to keep the greens crisp.

Step 8

For optimal blood sugar control, eat the vegetables first, taking several bites before incorporating the mackerel. This eating sequence creates a protective fiber layer that slows glucose absorption and can reduce post-meal blood sugar spikes significantly.