

Mackerel salad inspired by Pllek: A must-try

Description

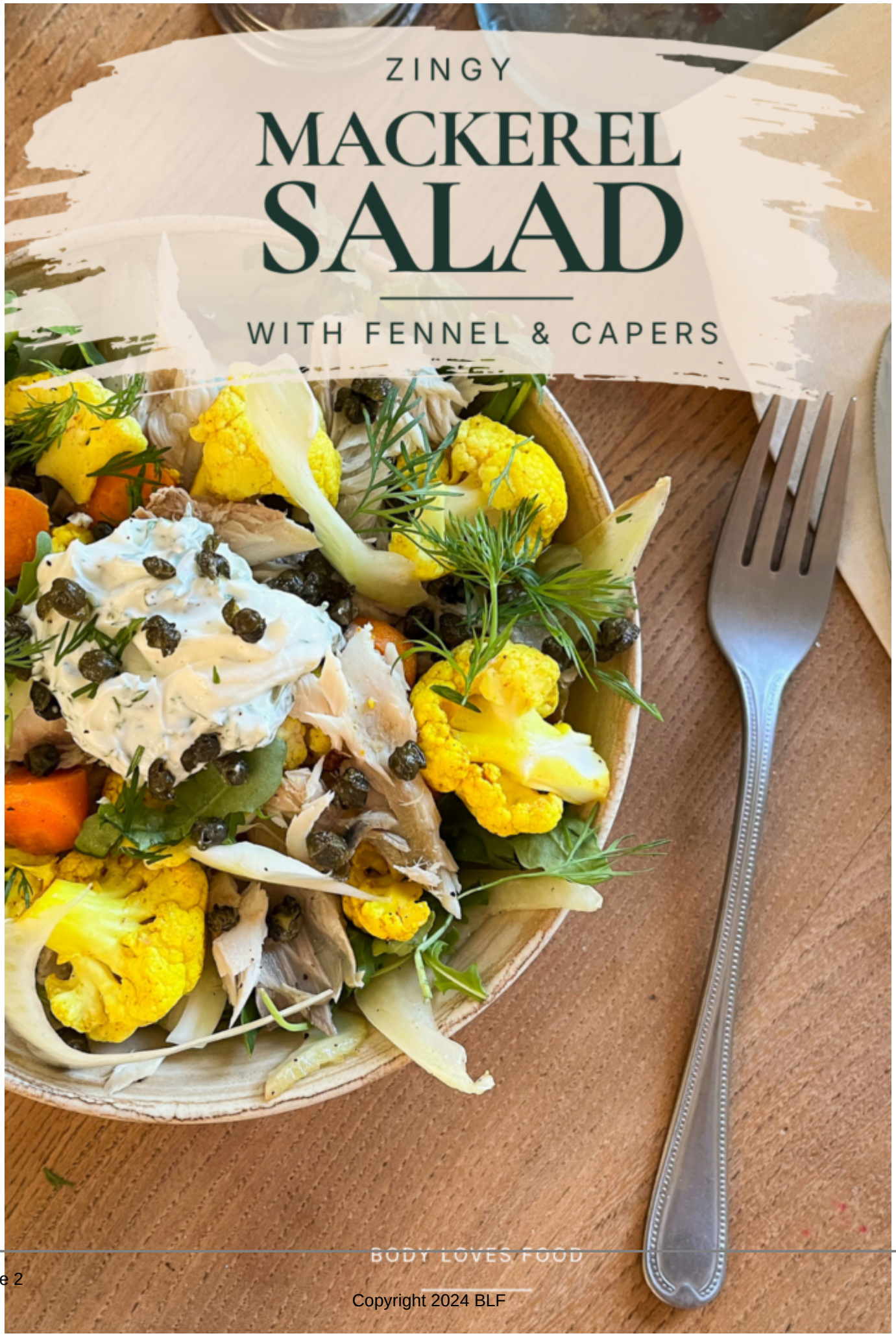
Inspired by one of my favourite restaurants in Amsterdam North, Pllek. This special place really is a little gem. Built from old shipping containers, with a huge glass front overlooking the IJ, a little city beach and that raw NDSM feeling around it, it somehow feels like youâ€™ve escaped Amsterdam while still being right in the middle of it. Pllek calls itself *an island in the middle of the city*, which describes it pretty well.

Apparently, the dream was to create exactly this kind of place: somewhere in the city where you could eat good food, meet people, enjoy music and culture, and get that feeling of freedom you normally have to leave town for. Wellâ€¦ dream accomplished.

I would move mountains to make some time to go get their mackerel salad or sandwich. This is my attempt to mimic the salad and its not disappointing! I forgot about fennelâ€¦., but now its back and tastier then ever.

This was also my very first â€˜pickled vegetables makingâ€™ ever. For that recipe click here. Good to have in your fridge at all times. I personally am not a huge fan of pickled vegetable in general, but learned that itâ€™s something that works well in combination with other ingredients, like for this mackerel salad.

Copyright 2024 BLF



Copyright 2024 BLF

BLF balance â“˜ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

8 / 10

BLF Flavour

8.5 / 10

BLF Easy

8 / 10

MAKE IT MORE BALANCED
Add a small serving of boiled new potatoes or rye bread on the side. **(+0.5)**

Nourishment

Fiber: medium
Veggie level: high
Keeps you full: definitely
Energy: steady & sharp
Mood: fresh, smoky & zingy

Details

Servings
2 servings

Prep time
15 minutes

Cooking time
5 minutes

Protein
~27 g

Copyright 2024 BLF



Copyright 2024 BLF

Print

Ingredients

- 1 medium bulb fennel
- 1 smoked mackerel
- 200gr pickled vegetables
- 150gr of mixed lettuce with rocket
- 1 big tbsp capers
- 2 tbsp creme fraÃ®che
- 1 tbsp dill
- half a lemon

Print

Directions

- Cut the fennel, take off the bottom and cut in thin slices
- You can either eat it raw or fry it a bit in olive oil. I choose the latter and fry it for about 4 minutes. Season with pepper and salt.
- Fry the (dried) capers in thick layer of olive oil
- Mix creme fraÃ®che with the dill, salt, pepper and a pinch of lemon
- Rocket salad on bottom, add the fennel, drape the mackerel, add the pickeled vegetables, the creme fraÃ®che and to finish add the capers.
- Bon appetit!

Copyright 2024 BLF



Copyright 2024 BLF



Copyright 2024 BLF



Copyright 2024 BLF



Copyright 2024 BLF