



## Cereals and mackerel salad



Gluten-free and excellent from a nutritional point of view (especially protein), but also tasty, satisfying and incredibly versatile, **pseudo cereals** contain slightly more protein than cereals with a higher intake of lysine, an essential amino acid that is generally in limited quantities in cereals.

Another important attribute, especially of chia and amaranth, belonging to the category of pseudo cereals, is the presence of alpha-linolenic acid, an essential fatty acid of the omega-3 family to help maintain a lipid profile in the normal pattern and in the prevention of cardiovascular and degenerative diseases.

Omega-3 polyunsaturated fats, with their anti-inflammatory action, counterbalance the typical pro-inflammatory action of modern diets, resulting from the excessive assumption of omega-6 sources.

Rich in fiber, essential minerals (iron, magnesium, phosphorus, potassium) and vitamins (B and Vitamin C), pseudo cereals are also a benefit for the skin and nervous system.

## Nutriliptic Recipe

### Mixed cereal and pseudo-cereal salad with mackerel fillet and fresh vegetables

The nutriliptic recipe, that we propose today, treat a mixed cereal salad with mackerel fillet and fresh vegetables; a dish rich in fiber, essential fats ... and, since the eye also wants its part, in colors.

For this salad we chose to use a variety of cereals (black venere rice, chia, buckwheat, quinoa, barley, spelled and oats) and add a mix of colored vegetables: peppers, zucchini and red beans. All flavored with oregano, garlic and parsley.

It is a versatile recipe, to be consumed both during the cold and the hottest months; as a first course / single course it can be served both warm and cold.

Ingredients for 4 person:

- 50 g of spelled
- 50 g of black venere rice
- 50 g of oats
- 50 g of barley
- 50 g of buckwheat
- 50 gr quinoa
- 50 gr chia
- 2 peppers
- 2 zucchini
- 2 carrots

- 2 cloves of garlic
- 100 g of corn
- 100 g of red beans
- parsley to taste
- to taste of oregano
- salt to taste
- pepper to taste
- 250 gr of mackerel fillet (fresh or in a jar preserved in extra virgin olive oil)
- extra virgin olive oil (as needed)
- Parmesan cheese (as needed)

### **Preparation:**

To prepare the mixed cereal salad with vegetables, start by boiling the cereals. In a saucepan, add quinoa, chia, black venere rice, buckwheat, oats, barley, spelled and water until the cereals are covered. Cook them for about 20 minutes (following the instructions on the package; there are packages with cereal mixes on the market).

Meanwhile, prepare the vegetables and the fish. Wash and dry the peppers well, divide them in half, remove the stalk and internal seeds. Cut the peppers into cubes. Wash and dry the zucchini, trim them and cut them into cubes; peel the carrots and cut them into cubes. Steam the mackerel fillet for about 10 minutes or alternatively use the mackerel fillet well drained from its EVO oil.

In a pan, pour the extra virgin olive oil and heat it together with the two chopped garlic cloves. Add the peppers and carrots and let them cook for about 5 minutes, then add the zucchini. Season with salt and pepper. Continue cooking for another 5 minutes,

stirring occasionally. Wash and drain the corn and red beans well.

Drain the cereals once cooked.

Now take a sufficient large bowl. Pour in the cereals, add the peppers, carrots, zucchini, corn, red beans, mackerel, chopped parsley and dried oregano. Drizzle with plenty of extra virgin olive oil. Season with salt and pepper and mix everything well.

It is possible to decorate the mix of cereals with Parmesan petals.

The mixed cereal salad is now ready to be brought to the table and enjoyed.

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Other ideas and recipes with the use of seeds, mackerel and cereals:

> [www.lipinutragen.it/en/seeds-in-the-kitchen](http://www.lipinutragen.it/en/seeds-in-the-kitchen)

> [www.lipinutragen.it/en/spelt-digestibility-ensured](http://www.lipinutragen.it/en/spelt-digestibility-ensured)

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Article by the Editorial Group of Lipinutragen

Recipe created by Andreea Popa, Account Data Entry and Customer Care, passionate about cooking.

The food recommendations in the article are not intended as a substitute for a personalized meal plan and are to be adapted to specific cases.

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