



## Title: Easy Mackerel Pate

**Serves:** 2

**Time to cook including preparation:** 10 minutes



### Basic Ingredients:

- 2 x cooked mackerel fillets
- 2 x tablespoons low fat cream cheese
- 2 x tablespoons horseradish sauce (or to taste)
- Sprinkle of black pepper
- 1x tablespoon fresh chopped parsley (optional)
- Juice of 1 lemon



### Variations:

Tinned tuna, mackerel or sardines work well with this recipe.

Natural yogurt can be used instead of cream cheese.

Try adding the zest (grated rind) of the lemon to add more flavor.

Dried mixed herbs instead of fresh parsley.

### Method:

1. Flake the fish into a bowl (drain first if using tinned fish).
2. Add the cream cheese and mix well.
3. Add the horseradish, pepper, lemon juice and parsley. Use a fork to break up any large pieces of fish and mix well.
4. Serve with wholemeal toast, or use as a sandwich filling or as a topping on a baked potato.

### Tips/Information:

Fresh mackerel is an excellent source of omega 3 which can help to keep our hearts healthy.