



Mackerel Pâté (Serves 4)

This pâté can be made in 5 minutes for a quick and delicious lunch

Ingredients

- 2 x 125g cans mackerel fillets in oil, drained (sardines or pilchards can be used instead), drained
- 1 tsp English mustard
- 1 tbsp low fat yogurt
- Pinch of cayenne pepper
- 1 tsp lemon juice
- Black pepper

Method

1. Put mackerel into the bowl of a food processor or hand blender
2. Add the mustard, yogurt, cayenne, lemon juice and some black pepper
3. Blitz together, until it forms a thick paste
4. Taste and add more pepper and lemon juice if desired

Serve the pâté spread onto wholemeal toast or oatcakes, along with a salad and some pickled onions or gherkins

Nutrition

As part of a healthy diet we should aim to have one 140g portion of fresh oily fish or 1 small can of oily fish a week. Oily fish, such as mackerel, are high in long-chain omega 3 fatty acids which can help maintain a healthy heart and may reduce our risk of heart disease. Oily fish is also a good source of Vitamin D which helps to keep bones and muscles healthy.

Nutrition per portion - 57g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
95kcal	9.8g	2.3g	0.9g	0.5g	0.6g	1g	0g
5%	14%	12%	1%	8%	1.2%	0.4%	-

% of an adult's reference intake

If you enjoy the recipes, let us know email: rowettnews@abdn.ac.uk