

# HEALTHY SMOKED MACKEREL PATE



## QUICK



## HEALTHY

Mackerel is very high in omega-3 fatty acids which help reduce risk factors for heart disease, including high cholesterol and high blood pressure

## FAMILY

Makes 15-20 portions but depends how thickly you spread it!

## MEALS

This is great on toast for breakfast and lunch and a brilliant protein for a packed lunch

## INGREDIENTS

- 2 smoked mackerel fillets (approx 750g)
- 2 heaped tbs natural yoghurt
- Juice of ½ lemon
- Small handful chives
- Salt and pepper

## METHOD

1. Remove the skin from the mackerel
2. Flake it a bit with a fork
3. Put into a food processor with the juice of the lemon, natural yoghurt and salt and pepper
4. Process till smooth (approx. 30 secs)
5. Roughly chop the chives
6. Add ¾ chives to the mix and pulse slightly to mix
7. Taste and add more seasoning if needed
8. Sprinkle with the remaining chives
9. Delicious served on toast



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)