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

<table>
<thead>
<tr>
<th>Energy</th>
<th>Fat</th>
<th>Saturated</th>
<th>Sugars</th>
<th>Salt</th>
<th>Protein</th>
<th>Carbs</th>
<th>Fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td>95kcal</td>
<td>9.8g</td>
<td>2.3g</td>
<td>0.9g</td>
<td>0.5g</td>
<td>0.6g</td>
<td>1g</td>
<td>0g</td>
</tr>
<tr>
<td>5%</td>
<td>14%</td>
<td>12%</td>
<td>1%</td>
<td>8%</td>
<td>1.2%</td>
<td>0.4%</td>
<td>-</td>
</tr>
</tbody>
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% of an adult's reference intake

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