

MACKEREL PÂTÉ

This quick and easy Mackerel Pâté is really delicious and ideal to serve with crispbreads or on a jacket potato as a lunch or as a starter for a dinner party.

Serves 4

Per serving: 185 Calories

Prep time 5 mins

INGREDIENTS

1 pack of two fillets of boneless smoked mackerel
250g 0% fat live plain yogurt
3 heaped teaspoons horseradish sauce

METHOD

1. Remove the skin from the smoked mackerel fillets and break into pieces into a mixing bowl
2. Add the live plain yogurt and the horseradish sauce and stir well until the fish is well-mixed and the pâté is smooth.
3. Place the pâté in individual ramekin dishes and chill until served.

