

'What's Cooking!' Recipe Cards

SMOKED MACKEREL PATE

**Food Fact:-**

Smoked mackerel is one of the richest sources of long-chain omega 3 fatty acids, which are vital for good heart health. They help to make the blood less sticky, reducing the risk of clots.

Serves 6-8

Preparation time 6 mins

Cooking time 0 mins



SMOKED MACKEREL PATE

Ingredients

1. Remove skin and bones from mackerel, flake flesh and mash in a bowl.
2. Add lemon rind and juice, seasoning, fromage frais and tarragon.
3. Mix well, transfer to individual serving dishes
4. Garnish with a slice of lemon and a sprig of fresh parsley

Serve on crust bread or melba toast

5oz (140g) Smoked mackerel fillets

4oz (100g) Fromage Frais (cottage cheese or cream cheese/yoghurt mix)

2tsp (10ml) Chopped fresh tarragon

Grated rind and juice of ½ lemon

Salt and freshly ground pepper

Lemon slices and parsley to garnish

Crusty bread or melba toast to serve