



Mackerel Pâté

Serves: 4

Preparation time: 10 minutes

Cooking time: no cooking

Ingredients

For the pâté:

200g (1 small packet) smoked mackerel

125g low-fat cream cheese

Juice of half a lemon or jiffy lemon juice

Ground black pepper

For the sides:

2 wholemeal pitta breads

1 large carrot

½ cucumber

1 red pepper

Method

1. Open the packet of smoked mackerel, and separate the fish into flakes in a mixing bowl – remove any skin or bones
2. Use a fork to finely mash the fish
3. Add the cream cheese to the fish and mash into a paste
4. Slice the lemon in half and squeeze the juice into the pâté (or squeeze in the jiffy lemon juice)
5. Add a few sprinkles of black pepper and stir well
6. Taste the pâté and add more lemon juice or black pepper if required
7. Stir well and serve in a small bowl
8. Slice the pitta bread into long strips for serving
9. Slice the peeled carrot, pepper and cucumber into long thin strips for dipping
10. Serve on a large plate for sharing

Things you will need

Chopping board and knife

Large mixing bowl

Fork

Small bowl and large plate for serving



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