



Smoked Mackerel Paté

Group of 5

Allergens – FISH, MILK (cream cheese)

Ingredients

60g smoked mackerel fillets

30g low fat cream cheese

Juice of a ¼ lemon

Black pepper

Equipment

Fork

Small bowl

Plates to serve

Method

1. Start by removing the skin from the mackerel fillets. Usually, the skin will peel straight off but you can easily scrape any remaining skin off with a sharp knife.
2. Roughly break up the fish, checking for any obvious bones or scales and place the mackerel in a bowl. Use the back of a fork to mash the fish.
3. Add the cream cheese and lemon juice and stir to combine. Season with black pepper.
4. Make vegetable crudités e.g carrot or celery sticks, or strips of raw pepper, to dip in the paté or serve with pitta and salad.