

Mackerel Pate with toast and vegetable sticks

Serves 10

Ingredients	
4 (600g) skinned, smoked mackerel fillets	10 slices of bread
200g cream cheese (full fat)	3 (480g) mixed peppers
Pepper	4 (400g) carrots
1 tbsp (15ml) lemon juice	

- METHOD:
- In an electric mixer, blend the fish, cream cheese, pepper and lemon juice.
- Toast the bread and cut the peppers and peeled carrots into batons.
- Serve immediately



- ✓ COOK'S TIP- FOR PUREE DIETS MAKE A CARROT AND POTATO PUREE
- ✓ FOR VEGETARIAN DIETS, REPLACE THE FISH WITH BUTTER BEANS
- ✓ FOR WHEAT FREE DIETS, SERVE WHEAT FREE TOAST OR RICE CAKES
- ✓ FOR DAIRY FREE DIETS, USE DAIRY FREE CREAM CHEES

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
394	15	29	19	0.3	1.7	1.5	105