

# Smoked Mackerel Pâté



15  
YEARS

Mackerel is an oily fish rich in omega-3 fatty acids which have SO many health benefits, we can't fit them all in here!

Makes: 4 snack sized portions • Preparation time: 10 minutes

## Ingredients

- 180g smoked mackerel fillets
- 100g low fat cream cheese
- 1/2 lemon (juiced)
- Black pepper
- To serve: cucumber / wholemeal pittas

## Equipment

- Fork
- Chopping board
- Small bowl
- Serving plate
- Weighing scales
- Knife

## Allergy information

**Mackerel (fish):** Maybe try our 'Smashing Peas' recipe instead?

**Cream cheese (dairy):** Why not try a dairy free yogurt like almond or coconut?

**Pitta(wheat / gluten):** Swap for oatcakes

## 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 with a knife.
2. Roughly break up the fish, checking for any obvious bones or scales.
3. Place the mackerel in a bowl and use the back of the fork to mash the fish.
4. Add the cream cheese and lemon juice, stir to combine. Finish off with some black pepper.
5. Serve spread on toasted pittas with cucumber sticks/slices to make vegetable crudities to dip in the pâté.

## Top tips

- Add some chopped up fresh parsley for extra flavour
- This is a great dish to explore the sensory elements and health benefits of oily fish

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