Smoked mackerel pâté

Smoked mackerel is packed with heart-healthy and brain-boosting omega-3 fatty acids.

Makes: 10 portions • Preparation time: 10 minutes

Ingredients

- 250g smoked mackerel fillets
- 150g cream cheese
- Juice of 1 lemon (add more if liked)
- 1 cucumber
- 2 oatcakes OR 1/2 wholemeal pitta (per child)

Equipment

- Fork
- Knife
- Mixing bowl

Top tips

- Add black pepper or some ripped up herbs e.g. parsley
- For children who aren't keen on fish, you can keep back some cream cheese and add some fresh herbs & lemon, mix together to make a different kind of dip

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.
5. Serve spread on oatcakes or pittas with cucumber sticks/slices to make vegetable crudities to dip in the pâté.