SMOKED MACKEREL PATE

**Ingredients**

- 200g reduced fat cottage cheese
- 300g smoked mackerel, skinned and any bones removed
- 1 tbsp lemon juice, plus lemon wedges
- 2g (1 tsp) black pepper
- 1g (½ tsp) ground nutmeg
- 50g watercress
- 1g (¼ tsp) pinch of cayenne pepper

**Method**

1. In a mixing bowl, beat the cottage cheese with a wooden spoon until it is smooth.
2. In a separate basin, flake the mackerel thoroughly with a fork or pound it with a wooden spoon.
3. Combine the mackerel with the cottage cheese then add the lemon juice, pepper and nutmeg. Mix thoroughly.
4. For a smoother result, place the combined ingredients in a food processor. Whizz for 1 minute.
5. Spoon into serving dishes and garnish with thin lemon wedges, watercress and cayenne pepper.

**Serving suggestion:** use as a wrap or baked potato filling

**Number of portions this recipe makes:**
- 10 primary servings (55g)
- 6 secondary servings (90g)

**Prep:** 10 minutes  
**Cook:** None

**Allergy information:**  
Fish, milk

**Top Tips**

Fish bones are sometimes difficult to see, look out for them throughout the mashing and mixing process.

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).