

# SMOKED MAKEREL PATE



This is ideal as a starter for 4 or use as a sandwich filling.

INGREDIENTS	EQUIPMENT
2 medium smoked mackerel - skinned and any bones removed 200g cottage cheese 1 tablespoon lemon juice freshly ground black pepper $\frac{1}{2}$ teaspoon ground nutmeg watercress, lemon wedges and a pinch of cayenne pepper to garnish	chopping board vegetable knife mixing bowl small basin wooden spoon grater tablespoon lemon squeezer teaspoon fork food processor (optional) serving dish or 4 ramekins

## 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.

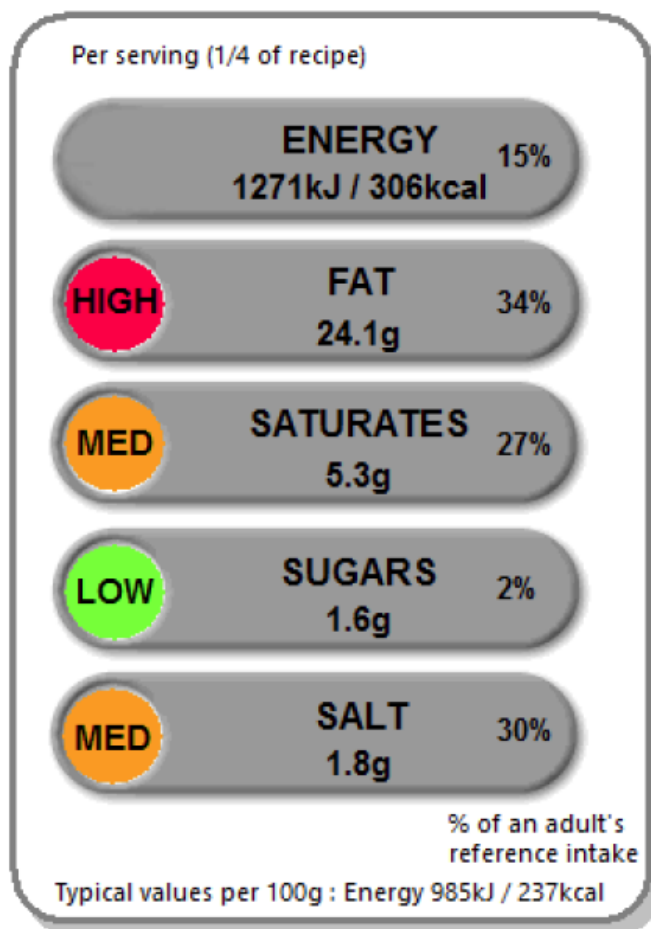
## RECIPE NOTES AND TIPS

- Fish bones are sometimes difficult to see, look out for them throughout the mashing and mixing process.
- Refrigerate the pâté if it is not to be eaten immediately. A sealed plastic container is ideal to use.
- This recipe works as a lovely jacket potato filling too.

## ALLERGY AWARE

This recipe contains:

- Fish (mackerel)
- Milk (cottage cheese)



Based on recipe supplied by Focus on Food, 16/1/2015. No. of servings: 4

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (129g)
Energy	985kJ / 237kcal	1271kJ / 306kcal
Protein	16.0g	20.7g
Carbohydrate (of which sugars)	1.3g (1.3g)	1.6g (1.6g)
Fat (of which saturates)	18.7g (4.1g)	24.1g (5.3g)
Fibre	0.1g	0.1g
Salt	1.4g	1.8g