



# Mackerel Pâté

An easy recipe that requires minimal preparation. Delicious served with rice crackers, oat cakes and/or carrot, cucumber and celery sticks.

## Ingredients (Serves 4)

- 1 mackerel fillet (tinned)
- 12 fresh chives
- ½ lemon or lime juice
- 2 tbsp sour cream/Greek natural yoghurt

## Method

- Squeeze the lemon or lime into a bowl.
- Add the mackerel and flake using a fork (check for bones).
- Cut the chives using scissors into the bowl.
- Thoroughly mix the chives, lemon/lime juice and cream with the mackerel.
- Spoon into a serving bowl

## Nutritional Benefits

Mackerel is an oily fish, which is high in omega-3 fatty acids. These anti-inflammatory oils are essential for the body and can support brain health, skin, eyes and mood. If you don't eat fish you could consider a supplement.

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