



**GET
TOGETHERS**

Bringing people together through food

Smoked Mackerel Paté

If you are looking for an oily fish recipe that is easy to make and popular with children and adults – try this! Serve it in sandwiches, as a dip with vegetable sticks, or as a jacket potato filling with salad for a main meal.

Skill: ★★★ Cost: £££ Equipment: ★★★
Store-wise

Cover and keep in the fridge for up to 3 days
If the fish you are using hasn't been pre-frozen, this paté can be frozen and stored for up to 1 month.
Defrost thoroughly before use.

Portion-wise

Makes 300ml – equivalent to 2 pots of yoghurt.*

Equipment

- mixing bowl
- fork
- tablespoon
- lemon squeezer
- container with lid for the fridge

Ingredients

- 2 medium **smoked mackerel** fillets – skinned, all bones removed and flaked
- 200g **reduced fat cream cheese**
- 1 tablespoon lemon juice (half a lemon)
- freshly ground black pepper
- pinch of cayenne pepper or a few snipped chives to serve

Allergy-aware
This recipe contains
Fish (mackerel)
Milk (cream cheese)

How to make it

1. Place the cream cheese and flaked mackerel in a mixing bowl and mash it together with a fork until the fish has broken up and it is well combined. Double-check for any bones while mashing and remove them.
2. Season with lemon juice and black pepper and mix thoroughly. Taste and re-season as necessary.
3. Pack the mixture into a storage container with a lid and chill until ready to serve. Sprinkle with chopped chives or a pinch of cayenne pepper to serve.

*This recipe makes 2 adult sizes portions if served as a main meal, with jacket potatoes and salads.
Typical portion sizes for young children: for 1-4 years: 60g when served for tea or lunch with a baked potato and salad. For infants 7-12 months: about 40g. Take special care to remove all bones when serving to young children and older people.

Eat well

- A healthy, balanced diet should include at least 2 portions of fish a week, including 1 of oily fish. All fish provides protein, iron and zinc.
- Oily fish provides omega 3 fatty acids, vitamin A and vitamin D. Our bodies cannot make omega 3 fatty acids which are needed for the development of our brains and other tissues and can help to keep your heart healthy.
- The recipe is suitable for all the family and can be served with baked potato and salad
 - ✓ for babies 7-12 months: chop or mince to the desired consistency.
 - ✓ For older people who may have difficulty chewing: this consistency of this recipe can be adapted to be soft by blending or mashing until it is a smoother texture.

Shopping

- This recipe can also be made with canned fish like sardines, mackerel, salmon or tuna, but the texture will probably be a bit softer than when it's made from fresh smoked mackerel.

Cooking Together

- Everybody can get involved in making this, from nursery age children upwards. It's an easy recipe to make at home for use in lunches and main meals.
- Make sure the equipment is the appropriate size for the person using it – little children need smaller-size utensils!

Sustainability - good for you, good for the planet

- Choose fish that carries the Marine Stewardship Council (MSC) logo. To learn more about the sustainability of fish go to www.msc.org/uk

