

Creamy Mackerel on Wholemeal Bread

Oily fish, such as mackerel, are an important source of Omega 3, which helps keep your heart healthy.



Dairy, Fish and Wheat

Equipment

Can opener
Colander
Mixing bowl
Fork
Chopping board
Sharp knife
Juice squeezer
Measuring spoons
Knife

Method

1. Drain the mackerel (if using canned), place in a mixing bowl. Remove the skin and any large bones and mash with a fork.
2. If using fresh lemon, cut the lemon in half and squeeze the juice from it. Pour the lemon juice over the mackerel.
3. Add in the yoghurt and mix well.
4. Season with black pepper.
5. Spread the mixture onto the bread.
6. Wash, dry and tear up the lettuce leaves.
7. Top with lettuce leaves and the remaining piece of bread.
8. Cut in half and serve.

Ingredients

Serves 4

2 x 190g cans mackerel or 380g smoked mackerel
1 x 15ml spoon lemon juice
3 x 15ml spoons Greek yoghurt
Black pepper
8 slices wholemeal bread
Crisp green lettuce

Serves 10

5 x 190g cans mackerel or 950g smoked mackerel
3 x 15ml spoons lemon juice
150ml Greek yoghurt
Black pepper
20 slices wholemeal bread
Crisp green lettuce

Top tip

Choose mackerel canned in brine or olive oil, rather than in tomato or other sauces.

Something to try next time

Try other canned oily fish, such as sardines or salmon.

