

Smoked Mackerel Pate

prep time

10 mins

cook time

n/a

serves

2 adults and 2 children

ingredients

- 2 mackerel fillets cooked
- 3 tbsp Greek yoghurt
- ½ tsp Dijon mustard
- ½ Lemon (juice)
- 2 Spring onions
- Black pepper to season



Method

Add all of the ingredients to a blender and blend until smooth and creamy.

Pour into a dish and leave to set for about 2 hours.

Serve spread on whole grain brown bread with a side of salad.