



SMOKED MACKEREL PATE

After School Club: This recipe contains oily fish. A portion of oily fish is required at least once every 3 weeks as part of lunch provision. If serving at lunch, increase the portion size see practical guide for more information.

Recipe adapted from: Focus on Food's Cook School recipes

Ingredients

200g reduced fat cottage cheese
300g smoked mackerel, skinned and any bones removed
1tbsp lemon juice, plus lemon wedges
2g (1tsp) black pepper
1g (½ tsp) ground nutmeg
50g watercress
1g (¼ tsp) pinch of cayenne pepper

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.

Serving suggestion: use as a wrap or baked potato filling



Number of portions this recipe makes:

10 primary servings (55g)
6 secondary servings (90g)



Prep: 10 minutes
Cook: None



Allergy information:

Fish, milk



Top Tips

Fish bones are sometimes difficult to see, look out for them throughout the mashing and mixing process.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: if using as a wrap, choose tortilla wraps with less than 1.0g salt per 100g.