

Smoked mackerel pate

2 smoked mackerel
filets

1 tsp freshly grated
horseradish
(optional);
alternatively parsley
or spring-onion

2 tsp Dijon mustard

freshly ground black
pepper

2 tbsp crème fraîche

½ lemon, juice only

Contains: Omega 3,
Amino Acids, Vitamin
D & complex
carbohydrates



Take skin of the
mackerel filets, grate
horseradish or
alternatively chop
parsley or spring
onion.

Whizz all ingredients
together in blender
until the paste has the
desired consistency.
Serve with rye,
pumpernickel,
sourdough or
wholegrain bread.

Ideal for lunch or as
a starter.

