

Mackerel Pate

Super easy recipe! Makes 6 generous portions.

You will need:

1 packet of smoked mackerel fillets (around 230g)

½ pot/around 125g cream cheese (full fat or reduced fat is fine)

Juice of half a lemon

Pepper (as much as you like!)

Heaped teaspoon horseradish sauce (optional).

Method:

Put all the ingredients in to a clean bowl.

Using a fork, wooden spoon or end of a rolling pin, mash all the ingredients together until you get the consistency you want. I like mine smooth-ish but with a few flakes of fish left in it.

Taste it to see if you need to add any more lemon juice, pepper or horseradish if using.

This keeps in the fridge for a couple of days. I have also frozen this in small dishes but it's so good it doesn't stay in the freezer for very long.

Spread over toast or crackers and serve with some cucumber and tomato slices.