

Mackerel Pate

Ingredients: Makes 6 servings

150 grams Cream Cheese - Light
1 Tbsp. Horseradish Sauce
1 Tsp. Paprika
150 grams Smoked Mackerel
Squeeze of Lemon



Directions:

- Remove skin from mackerel & break up into chunks.
- Place fish in food processor/blender with other ingredients & blend until you have a coarse pate.
- Add seasoning to taste.

The pate should keep, covered, in the fridge for up to 7 days.

NUTRITION Each Serving = Kcal 119, Fat 9g, Carbs 2g, Protein 7g

Parsley Pesto

Ingredients:

2 cups packed Curley Parsley
1/4 cup walnuts
1/4 cup grated parmesan cheese
3 tablespoons extra-virgin olive oil
2 tablespoons water
1 small clove garlic
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper



Directions:

Roast walnuts in the oven for 8 mins (180C/350F) When cool, place nuts, parsley, parmesan cheese, oil, water, garlic, salt and pepper in a food processor/blender; pulse a few times, then process until fairly smooth, or to the desired consistency, scraping down the sides occasionally.

If you don't have a food processor you can use a pestle and mortar to grind all ingredients together.

The pesto should keep, covered, in the fridge for up to 7 days.

NUTRITION Each Serving (2 Tbsp) = Kcal 83, Fat 8g (1.5g Sat), Carbs 1g, Protein 2g