



# Recipe

## Mackerel Pate

### Ingredients

- 1 smoked mackerel.
- 100g extra light cream cheese.
- 1 tbsp. natural yoghurt.
- Juice of half a lemon.
- Pinch of pepper [optional]

### Step 1

Peel skin away from mackerel and break into a bowl.

### Step 2

Add the remaining ingredients and blend together with a fork until smooth.

### Step 3

Serve with carrot sticks / sliced peppers / cucumber batons.

**Top tip:** will keep for up to 3 days refrigerated in a sealed container