

Ingredients (serves 4):

Wholemeal bread
Mackerel fillets (3 cans or 2 shrink wrapped)
1 tbsp English mustard
1 tbsp Worcestershire Sauce
Half tsp cayenne pepper
1 small tub of low fat crème fraiche
Juice of 1 lemon
2 tbsp fresh parsley
Freshly ground pepper

PREP

Toast a few slices of toast then cut into triangles.
Break the fish up into a bowl.....DONE!

COOK

No cooking in this one!
Simple combine all of the ingredients in a bowl so
that it all comes together into a paste.....DONE!

TRY

Serve on the toasts with a fresh salad of watercress
and walnuts for the perfect English starter or snack!