



Smoked Mackerel & Egg Paste

Serves 4

4 eggs, hard boiled
7 oz. (200g) smoked mackerel
1 small onion, finely chopped
4 small pickled gherkins,
chopped
2 tbsp. mayonnaise, light
2 tbsp. natural yogurt (or more
mayo)
bunch of chives, chopped

What you need to do

1. Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.
2. Debone and skin the fish, then chop the meat and add to the bowl.
3. Add the finely chopped onion and gherkins into the bowl.
4. Season with salt and freshly ground pepper. Mix with the mayonnaise, yogurt and chopped chives.
5. Serve with bread, fresh veggies, or on its own.

GF LC MP Q



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	268	23	5	18

*Nutrition per serving