



Smoked Mackerel Paté

Ingredients

2 fillets of smoked mackerel (prepacked, precooked is ideal)

1 tsp of horseradish sauce (optional)

2-3 tablespoons (organic) natural yoghurt

1 tsp lemon juice

Black pepper and dill to flavour

Optional extra – ½ an avocado



Mash all of the above ingredients together.

Serve with a generous, colourful mixed salad, spread on sourdough, rye, wholegrain bread or an oatcake.