



Hot Chilli Mackerel Noodle Salad



Ingredients

2x125g cans Princes Mackerel in Hot Chilli Dressing
100g rice or egg noodles (2 nests)
4 spring onions, finely sliced
1 red pepper, deseeded and chopped
1 yellow pepper, deseeded and sliced
2 heads pak choi, shredded
2tbsp chopped fresh coriander
Salt and freshly ground black pepper
Finely grated zest and juice of 1 lime

 Serves
2

 Prep
15 minutes

 Cooking
3-6 minutes

Create this Asian-inspired mackerel salad in a matter of minutes – it's as easy as opening a can. (Almost!)

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	96kcal	1.8g	5g	0.94g	0.05g
RI%	5%	2%	7%	5%	1%

Method

1. Drain the cans of Princes Mackerel in Hot Chilli Dressing, reserving the dressing. Break the fish into chunks and set aside.
2. Cook the noodles according to pack instructions. Drain well and rinse with cold water.
3. Mix together the spring onions, peppers, pak choi, chopped coriander and noodles. Season with a little salt and pepper. Add the lime zest, lime juice and reserved chilli dressing. Toss gently to mix.
4. Share the salad between 2 bowls or plates and top with the mackerel chunks, then serve.

Cook's Tip:

You could use shredded Chinese cabbage or Little Gem lettuce instead of pak choi.

