



## Lime and Chilli Mackerel Sizzle with Noodles



Serves  
1



Prep  
5 minutes



Cooking  
5 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
493g	688KCAL	5.6g	26.6g	4.9g	2.9g
RI%	34%	6%	38%	25%	48%

### Method

1. Cook the noodles for 5 minutes then drain.
2. Meanwhile, chop the spring onion, baby corn and red and green pepper into medium sized pieces.
3. Heat the oil in a frying pan and stir-fry the vegetables for 2 minutes then tip in the noodles and mix together. Place the vegetable noodles onto a warm plate.
4. Add the mackerel to the pan, pour over the marinade and sizzle for one and a half minutes on each side.
5. Top the noodles with the mackerel and spoon over the hot sauce.

### Ingredients

- 1 can Princes Mackerel Zesty Lime and Chilli
- 100g medium egg noodles
- ½ tsp vegetable oil
- 2 spring onions
- 3 or 4 baby sweetcorn
- ¼ red pepper
- ¼ green pepper