



Mackerel and Avocado on Toast



Ingredients

- 125g can Princes Mackerel fillets in tomato sauce
- 1 spring onion, finely chopped
- 2 thick slices of sourdough or crusty white bread
- 4 tablespoons ready-made guacamole
- Fresh basil to garnish



	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	189Kcal	2.2g	8.9g	2.2g	0.75g
RI%	14%	4%	19%	17%	18%

Method

1. Using a fork break the mackerel fillets into bite-sized chunks and mix in the spring onion
2. Toast the bread on both sides
3. Spread 2 tbsp of guacamole over each slice of toast and top with the mackerel.
4. Garnish with basil and serve