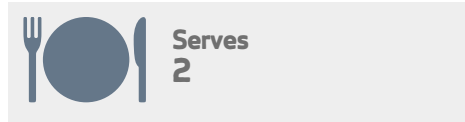




# Mackerel and Potato Curry



Add some spice to mealtimes with this flavoursome Mackerel and Potato Curry recipe.

## Method

1. Cook the potatoes in a pan of boiling salted water until just soft. Drain well
2. Heat the oil in a frying pan and sauté the onion over a medium heat for 6-7 mins or until soft.
3. Add the potatoes and curry paste and cook for a further 2-3mins.
4. Remove the mackerel from the sauce and roughly chop the fish.
5. Add the sauce and the peas to the potato mixture, stir and cook over a low heat for 5mins.
6. Stir the flaked mackerel and peas and cook for 2-3mins. Serve with a spoon of Greek yogurt or Tzatziki and poppadom or naan bread.



## Ingredients

- 2 x 125g cans Princes mackerel fillets in mustard sauce
- 250g baby new potatoes, sliced into quarters
- 1 tbsp vegetable oil
- 1 onion, peeled and finely chopped
- 1 tbsp curry paste
- 125g frozen peas
- Naan bread or poppadom, to serve
- Greek yogurt or tzatziki, to serve

