



Mackerel Curried Pilau Rice



Serves
2



Prep
10 minutes



Cooking
10 minutes

Create this spicy little number in just a few minutes, using store-cupboard ingredients.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	147kcal	1.4g	5.5g	1.5g	0.18g
RI%	7%	2%	8%	8%	3%

Method

1. Tip the cans of Princes Mackerel in Spicy Tomato Sauce onto a plate. Break the fish into chunks and set aside.
2. Heat the butter in a large frying pan and gently fry the onion for 5-6 minutes until soft and golden. Stir in the turmeric, ground coriander and cumin and cook for a few seconds. Add the peas and cook over a low heat for 2 minutes.
3. At the same time, microwave the rice according to pack instructions. Tip the contents into the frying pan. Add the mackerel chunks and coriander or parsley and stir gently to combine. Season with salt and pepper.
4. Share the rice mixture between 2 plates. Serve.



Ingredients

2x125g cans Princes Mackerel in Spicy Tomato Sauce
10g butter
1 small onion, finely chopped
1tsp ground turmeric
1/2tsp ground coriander
1/2tsp ground cumin
100g frozen peas, thawed
2x250g packs microwaveable basmati rice
2tbsp chopped fresh coriander or parsley
Salt and freshly ground black pepper

