



Mackerel Fillets in Curry Sauce with Rice and Peas



Serves
1



Prep
5 minutes



Cooking
12 minutes



Ingredients

125g can Princes Mackerel Fillets in a chip-shop curry sauce

100g easy-cook rice

50g frozen peas

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	670kcal	2.6g	19.9g	4.1g	0.9g
RI%	34%	3%	28%	21%	15%

Method

1. Put the Princes Mackerel Fillets, with all the sauce, onto a microwaveable plate.
2. Cook the rice in plenty of lightly salted boiling water for 12 minutes, adding the peas for the final 2-3 minutes. Drain well.
3. Microwave the mackerel for 40 seconds on HIGH to warm through. Serve with the rice and peas.