

MACKEREL FILLETS IN HOT AND SOUR SAUCE



 Serves
1

 Prep
5 minutes

 Cooking
12 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	531kcal	9.8g	16.9g	3.2g	1g
RI%	27%	11%	24%	16%	17%

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 sugar snap peas, spring onions and pepper for the final 4-5 minutes. Drain well.
3. Microwave the mackerel for 40 seconds on HIGH to warm through. Serve with the rice and vegetables, accompanied by the prawn crackers.

INGREDIENTS

125g can **Princes Mackerel Fillets in Spicy Tomato Sauce**

100g easy-cook rice

50g sugar snap peas, sliced

3 spring onions, trimmed and sliced

50g red or yellow pepper, chopped

Prawn crackers, to serve