



Mackerel Fillets in Spicy Tomato Sauce Recipe



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