




Mackerel Fillets in Tomato Sauce, with Roast Potatoes and Veg



 Serves
2

 Prep
10 minutes

 Cooking
35 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	112kcal	2.7g	5.5g	0.9g	0.2g
RI%	6%	3%	8%	5%	3%

Method

1. Preheat the oven to 200°C, fan oven 180°C, Gas Mark 6.
2. Put the Princes Mackerel Fillets, with all the sauce, onto a microwaveable plate.
3. Tip the potatoes into a roasting pan and add the vegetable oil, tossing to coat. Roast for 30-35 minutes, until golden and tender. Meanwhile, cook the carrots for 10-15 minutes, and the broccoli for 5-8 minutes in lightly salted boiling water.
4. When the potatoes are ready, empty the contents of the mackerel can onto a plate. Cover and heat the mackerel in the microwave for 1 min 40 secs (700 Watt) or 1 min 30 secs (800 Watt) on high or until piping hot. Stand for 30 secs. Serve with the potatoes, carrots and broccoli.

Ingredients

190g can Princes Mackerel Fillets in a Rich Tomato and Roasted Onion Sauce
400g potatoes, cut into small chunks
2 tbsp vegetable oil
2 large carrots, sliced
200g broccoli