



## Mackerel Napolitana Pasta



Serves  
1



Prep  
3 minutes



Cooking  
15 minutes

A simple yet delicious pasta dish, prepared using the Princes Mackerel Sizzle in a rich tomato and herb sauce.

	Calories	Sugars	Fat	Saturated Fat	Salt
472g	692KCAL	6.6g	30.5g	5.1g	2.6g
RI%	35%	7%	44%	25%	44%

### Method

1. Cook the pasta for 10 minutes or until just tender.
2. Meanwhile, halve the cherry tomatoes and slice the olives.
3. Add the mackerel to a hot pan then pour over the sauce. Sizzle for one and a half minutes on each side.
4. When the pasta is ready, drain and mix in the tomatoes and olives then place onto a serving plate or bowl. Top with the mackerel and spoon over the marinade.



### Ingredients

- 1 can Princes Mackerel Sizzle Rich Tomato and Herbs
- 100g dried fusilli pasta
- 6 cherry tomatoes
- 6 black olives
- 6-8 fresh basil leaves
- optional - 1 tbsp toasted pine nuts