



Mackerel Sizzle Napolitana Pasta



Ingredients

1 x 160g can of Princes Mackerel Sizzle Rich Tomato and Herbs

100g Fusilli Dried Pasta

80g Cherry Tomatoes

6-8 Black Olives

6-8 Fresh Basil Leaves

Optional-- a handful of pine nuts (1 tablespoon)

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	147	1.4G	6.5G	1.1G	0.6G
RI%	7%	2%	9%	5%	9%

Method

1. Cut the cherry tomatoes into halves and thinly slice the black olives
2. Cook the pasta for 10 minutes or until just tender, drain and then mix in the tomatoes and olives
3. Sizzle the mackerel and marinade over a medium heat for 1.5 minutes each side, spooning the marinade over the fish
4. Add the mackerel and marinade on top of the pasta and sprinkle with basil leaves to serve



