



Mackerel Sizzle Zesty Lime and Chilli Noodles



Serves
1



Prep
5 minutes



Cooking
5 minutes

| | Calories | Sugars | Fat | Saturated Fat | Salt |
|----------|----------|--------|------|---------------|------|
| per 100g | 140 | 1.1G | 5.4G | 1.0G | 0.6G |
| RI% | 7% | 1% | 8% | 5% | 10% |

Method

1. Chop the spring onions, baby sweetcorn and pappers into medium size pieces.
2. Cook the noodles for 5 minutes then drain and set aside on a serving plate
3. Spritz a little vegetable oil in a pan and stir fry vegetables for 2 minutes until tender
4. Add the mackerel and marinade to the pan and sizzle over a medium heat for 1.5 minutes each side, spooning the marinade over the fish
5. Place the mackerel and vegetables on top of the noodles to serve

Ingredients

1 x 160g can of Princes Mackerel Sizzle Zesty Lime and Chilli

100g Medium egg noodles

½ tsp vegetable oil

2 Spring onions

3 or 4 Baby sweetcorn

¼ Red pepper

¼ Green pepper



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