



Smokey Chilli and Tomato Mackerel Sizzle Stir Fry



	Calories	Sugars	Fat	Saturated Fat	Salt
Per 100g	551KCAL	7.8G	27.7G	5.0G	1.2G
RI%	28%	9%	40%	25%	20%

Method

- 1 Heat the oil in a wok or frying pan and add the red pepper and red cabbage and stir fry for a couple of minutes.
- 2 Add the sugar-snaps, spring onion, and ginger and stir-fry for another 3 or 4 minutes
- 3 Meanwhile, heat the rice in a bowl in the microwave - make sure it's nice and hot
- 4 Add the mackerel fillets to a hot pan then pour over the sauce. Sizzle for one and a half minutes then turn over and heat for another one a half minutes
- 5 Pile the rice onto a warm plate with the vegetables then sprinkle with sesame seeds. Top with the mackerel and sauce and a little coriander if you like

Tip: Why not swap for wholegrain basmati rice for extra flavour and extra fibre

Ingredients

1 x 160g can Princes Mackerel Sizzle Smokey Chilli and Tomato

1 tsp vegetable or olive oil

1/4 red pepper, sliced

Handful red cabbage, very finely sliced

Handful sugar-snap peas, halved diagonally

1 spring onion, sliced

1/2 tsp grated fresh peeled ginger

1/2 pouch ready to heat microwavable basmati rice

1/2 tsp sesame seeds

few coriander leaves, chopped (optional)

