



## Smokey Chilli Sizzle Mackerel Salad



Serves  
1



Prep  
5 minutes



Cooking  
5 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	139	1.3g	7.7g	1.4g	0.26g
RI%	7%	1%	11%	7%	4%

### Method

1. Drain and rinse the bean salad
2. Chop the tomatoes and green pepper, then add in the bean salad and mix all of the ingredients together. Place on a serving plate.
3. Sizzle the mackerel and marinade over a medium heat for 1.5 minutes each side, spooning marinade over the fish.
4. Add the mackerel and marinade to the salad. Finish with a sprinkle of chopped parsley on top to serve.

### Ingredients

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

Half a can of 5 bean salad

2 x Medium tomatoes

Chopped curly parsley



