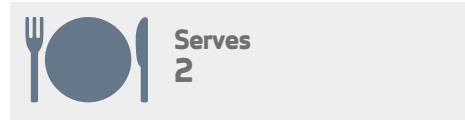




Spicy Mackerel Bao Buns



Method

1. Empty mackerel into a bowl and mix so that the fish & sauce are combined
2. Mix the tomato, onion, red cabbage, carrot & coriander in a bowl
3. Squeeze in half a lime and season the slaw to taste
4. Open the bao buns & fill, in the following order:

- Spoon on the slaw
- Spoon on the kimchi
- Spoon on the mackerel

Serve as a great summer lunch!

Ingredients

Mackerel in Spicy Tomato Sauce – 1 can

For the slaw

Diced tomato 30g

Sliced red onion 15g

Sliced red cabbage 20g

Grated carrot 20g

Chopped coriander 2g

Sprinkle of salt

Squeeze of lime

Twist of cracked black pepper

Shop bought kimchi x 150g

Bao buns x 4

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