



Spicy Tomato Mackerel and Rice



Serves
2



Prep
5 minutes



Ingredients

2 tins Princes Mackerel in Spicy Tomato Sauce
1 pouch microwavable long grain and wild rice
1 spring onion
few pieces roasted peppers from a jar, chopped
few fresh parsley leaves, chopped
few slices fresh red chilli (optional)

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	164kcal	3.2g	7.4g	1.4g	0.4g
RI%	8.2%	3.6%	10.6%	7%	6.7%

Method

1. Heat the pouch of rice in the microwave according to the pack instructions
2. Meanwhile finely slice the spring onion and chop the pepper. Chop the parsley and slice the chilli (if using) and set aside
3. Divide the rice between two plates and stir in the peppers and spring onion.
4. Open the tins of mackerel and arrange on top of the rice and vegetables, spooning over all the sauce. Scatter over the parsley before serving. Add a few slivers of fresh red chilli for a spicy kick if you like

Tip - try wholegrain rice for a change