


SUMMER PASTA WITH MACKEREL IN TOMATO SAUCE



 Serves
2

 Prep
10 minutes

 Cooking
12 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	109kcal	1.6g	5.9g	0.9g	0.1g
R1%	5%	2%	8%	5%	2%

INGREDIENTS

125g can **Princes Mackerel Fillets in Tomato Sauce**

100g pasta shapes, such as spirals or bows

80g fine green beans, trimmed and halved

2 tbsp red or white wine vinegar

3 tbsp olive oil

Salt and freshly ground black pepper

1 small red onion, thinly sliced

10 baby plum tomatoes, halved

Handful of rocket

Basil leaves, to garnish

METHOD

1. Break the Princes Mackerel Fillets into chunks, reserving the sauce.
2. Cook the pasta shapes in boiling, lightly salted water for 10-12 minutes, adding the green beans to the pan after the pasta has cooked for 5 minutes. Drain and rinse with cold water to cool quickly.
3. While the pasta is cooking, mix together the vinegar and olive oil in a salad bowl with a pinch of salt and pepper. Add the red onion, stirring to mix. Leave to stand for 5-10 minutes.
4. Add the tomatoes, cooled pasta and green beans to the salad bowl, tossing to mix, then gently stir in the rocket. Serve with the chunks of mackerel and tomato sauce, garnished with a few basil leaves.

