

Fish Pate

choose one of the following -
Sardine, Pilchard or Mackerel Pate

Makes 4 portions

Ingredients

125g mackerel sardine or pilchards in oil, drained
75g reduced fat cream cheese
1 teaspoon finely grated zest of lemon
15ml (1 teaspoon) lemon juice
1 clove of garlic (optional)
Ground black pepper

Equipment: 2 small bowls, spoon, fork, grater, knife, chopping board, ramekin or small dish to chill pate in.

Method:

1. Beat the cream cheese in a bowl until smooth.
2. In a separate bowl mash the drained fish into flakes.
3. Combine the cheese, fish, zest and juice of lemon and the pepper. Add the chopped garlic if using.
4. Mix all the ingredients together and spoon into the ramekin or dish.
5. Cling film the top and refrigerate for several hours to allow the flavours to infuse.
6. This pate can be used on crackers or wholemeal toast fingers, or as a dip with vegetable sticks and bread sticks.

Total Cost: £1.34

Cost per portion: 34p

Cost will vary depending on what fish you use for the recipe.

