

Mackerel Beetroot Dip

Prep time: 10 minutes Cooking time: 0 minutes



Ingredients

- 1 tin / 140g / 4oz mackerel
- 2 pickled baby beetroots
- 2 tablespoons mayonnaise
- ½ clove of garlic
- ¼ teaspoon dried chives
- Toasted pitta bread / tortilla / bread



Method.

- Mash fish, ensuring small bones are crushed, and large ones removed
- Place beetroot, mayonnaise and garlic clove in a blender. Blend until smooth
- Stir in fish and chives
- Serve with toasted sliced pitta bread or tortilla wrap or as a sandwich filler



A great colour
and surprisingly
popular with young
children

These are versatile dishes; how much you will need will depend on how you serve them

Cheesy Lentil Topper

Prep time: 20 minutes Cooking time: 5 minutes



Ingredients

- 1 carrot, grated
- 1 onion, chopped finely
- 2 tablespoons red lentils
- 200ml / 7floz / ⅓ pint water
- 2 tablespoons cheese, grated
- Spray oil



Method.

- Spray saucepan with oil
- Fry onion & carrot gently until soft but not brown (cover saucepan)
- Add lentils & water. Simmer for 10 – 15 minutes
- Stir in grated cheese
- This dish can be mashed or pureed



Tip!

A popular teatime snack -
try as a topper on toast or
with a jacket potato.