

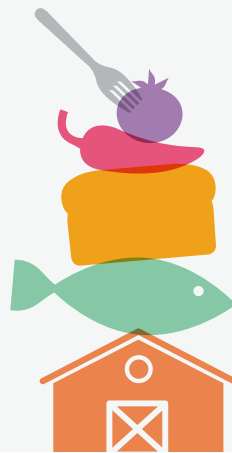
# Smoky mackerel spread

Food group: Meat, fish, eggs and beans  
Age group: 4-5 years

## Equipment

Juice squeezer  
Small bowl  
Kitchen scissors  
Measuring spoons  
Fork

2 mixing spoons  
to serve



## Making smoky mackerel spread



**Step 1:**  
Juice the lime or lemon.

**Step 2:**  
Break the mackerel into small pieces and place it in the bowl, removing any bones.



**Step 3:**  
Snip the chives.

**Step 4:**  
Add the sour cream and juice.



## Ingredients

**Makes: 4 servings**

- ½ lime (or lemon)
- 1 smoked mackerel fillet, skin removed
- 12 fresh chives
- 2 x 15ml spoons sour cream



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**Step 5:**

Mix all the ingredients together thoroughly.

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**Step 6:**

Serve.

**Handy hint**

Serve on toasted granary triangles with cucumber.

The cooking skills and recipes have been developed in collaboration with the British Nutrition Foundation

[tesco.com/eathappyproject](https://tesco.com/eathappyproject)

