

 Mackerel pasta

(serves 3-4 people)

This is another way to get the children to eat a portion of oily fish. This is a tasty dish, that is so easy and quick to make, so it’s perfect for a school night supper. You could mix and match and use other tinned fish that you may have, such as pilchards or sardines.

Ingredients

* 3 tins mackerel in tomato sauce (each 125g)\*
* 1 large onion
* 1 punnet of cherry tomatoes or x2 tins cherry tomatoes
* 8 tbsp sweetcorn
* 8 tbsp frozen peas
* 2 cloves garlic
* 250g wholemeal pasta\*

Method

1. Cook the pasta in boiling water and 5 minutes before the end, add the peas and sweetcorn.
2. Fry the onion, garlic and cherry tomatoes and when cooked through, add the mackerel. Heat well.
3. When the pasta is cooked, drain and add it to the mackerel mix.
4. Stir and serve straight away. Simple!!

\*Can contain or is one of the 14 common allergens