

Snacky Stuff

Fishy Business



Sardine Toasties (Serves 1)

Ingredients

- 1 small tin sardines in tomato sauce
- 2 slices wholemeal bread
- Pinch of cayenne pepper
- Handful of basil (chopped)

Equipment

Toastie maker, bowl, fork, chopping board, knife

Method

1. Empty the sardines and tomato sauce into the bowl. Add the cayenne pepper and basil and use the fork to break up the fillets
2. Place one slice of bread into the toastie maker, spread the sardines on the slice of bread and top with the second slice of bread
3. Toast until golden

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
143	MEDIUM	MEDIUM	LOW	MEDIUM
Kcal	13.4	3.7	3.4	2

Mackerel Pâté (Serves 2)

Ingredients

- 1 small tin mackerel
- Handful of parsley (chopped)
- 2 teaspoons lemon juice
- Wholemeal toast

Equipment

Blender, knife, chopping board

Method

1. Remove the mackerel from the tin and place into the blender
2. Add the parsley, lemon juice and a little olive oil
3. Blitz until smooth
4. If desired, add little more olive oil until the pâté reaches the preferred consistency
5. Spread lightly onto toast

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
143	MEDIUM	MEDIUM	LOW	MEDIUM
Kcal	13.4	3.7	3.4	2