

Tuna Pâté

Ingredients: -

1 - tin of tuna (high in essential omega 3 oils)

1 - small piece of smoked mackerel (high in essential omega 3 oils)

5ml/1 tsp - horseradish – optional

A little lemon juice

A little tomato ketchup

Method: -

Drain tuna and place in a bowl.

Take the mackerel remove skin and bones (if any) and add to the tuna.

Add all the other ingredients and mix thoroughly together.

Serve with toasted triangles or a selection of savoury biscuits

Plus a small salad or garnish if required and decorate the top of the pâté with lemon wedges and sprigs of parsley.