

## **Mackerel and horseradish open sandwich with side salad (serves 1)**

### **You will need:**

- 120g tinned mackerel
- 2 slices wholemeal or rye bread or toast
- 1 tsp of horseradish sauce
- 1 tsp of chopped chives
- 1 tbsp of low-fat plain yogurt

### **How to make it:**

1. Mix the mackerel with the yoghurt, chives and horseradish sauce.
2. Spread on the bread or toast and serve with a small side salad.

### **What does this give you?**

- 1 portion oily fish
- 1 portion vegetables
- 2 portions starchy foods
- 1/3 portion dairy
- 1 portion fat

The stats (per serving): 503kcal, 5.5g saturated fat, 7.4g sugar, 6.2g fibre, 32g protein, 2g salt.

Preparation and cooking time: 5-10 minutes

Approx. cost per serving: less than £3

**Allergens: Contains gluten, celery, mustard, eggs, milk, fish and possibly soya and sulphites.**