

Tomato Mackerel

✓ No cook



Equipment:

- Plate or bowl
- Fork

Ingredients for 1 portion:

- 1 tin of mackerel in tomato sauce
- ½ pouch of microwavable grains e.g. rice or quinoa
- Optional: seasoning of your choice
- Optional: tinned vegetables e.g. beans, spinach, sweetcorn

Steps:

1. Open the pouch of grains and pour onto plate or bowl. Beak it up with the fork.
2. Open the tin of mackerel and pour on top of the grains.
3. Add any other seasonings and tinned vegetables if using.
4. Enjoy it cold, or microwave on high for 2 minutes if you want it hot.

- ✓ Halal
- ✓ Dairy-free
- ✓ Gluten-free

Tomato Mackerel

✓ No cook



Equipment:

- 4 plates or bowls
- Fork

Ingredients for 4 portions:

- 3 tins of mackerel in tomato sauce
- 2 pouches of microwavable grains e.g. rice or quinoa
- Optional: seasoning of your choice
- 1 tin of vegetables e.g. sweetcorn or spinach

Steps:

1. Open the pouches of grains and divide them between the plates or bowls. Break them up with the fork.
2. Open the tins of mackerel and divide over the grains.
3. Add the tinned vegetables on the side and any other seasonings if using.
4. Enjoy it cold, or microwave on high for 2 minutes if you want it hot.

- ✓ Halal
- ✓ No cook
- ✓ Dairy-free
- ✓ Gluten-free