

# 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
- Serve with 3 tbsp. of tinned vegetables e.g. beans, spinach, sweetcorn

## Steps:

1. Open the pouch of grains and pour onto plate or bowl. Break them up with the fork.
2. Open the tin of mackerel and pour over 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
- ✓ Dairy-free
- ✓ Gluten-free