

MARVELLOUS MACKEREL MUSH



This marvellous mackerel dip is a fantastic way of getting children to prepare and eat oily fish. Once you get them past the smell and the feel of the fish, and dare them to give it a try, we've always found they eat the lot!

The Government recommends that we all eat at least 2 portions of fish per week, one of which should be oily. Here's a fantastic, simple recipe to get you started!



Recipe & image supplied by Fish is the Dish (a Seafish initiative):
www.fishisthedish.co.uk

Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; tear herbs; mash; garnish & decorate.

Equipment: Fork, bowl, spoon.

Allergens*: Fish | Milk

Ingredients (serves 12 - 15 children):

- 4 X 75g smoked mackerel fillets
- 6 tbsp reduced-fat creme fraiche
- Squeeze of lemon juice, to taste
- Flat leaf parsley, to garnish

Method

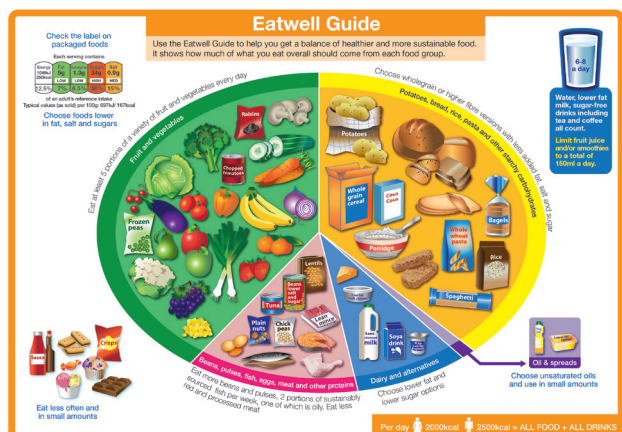
1. Remove the skin and flake the smoked mackerel flesh into a bowl. Break it down with a fork, the more you mix, the smoother the dip will be.
2. Add in the creme fraiche and lemon juice and mix it up.
3. Serve the dip, garnished with the parsley, with some breadsticks or vegetable sticks on the side.

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use



MACKEREL MUSH

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Marvellous Mackerel Mush....

Mackerel is a good source of vitamin D, protein, some B vitamins and selenium. It's also a rich source of omega-3 fatty acids, a type of fat that is good for our health.

Crème Fraîche is a good source of calcium and protein. It is lower in calories than pure cream and has a tangier flavour, somewhere in between sour cream and yoghurt. Use reduced fat varieties where possible.



Energy, sugar, fat and salt per serving

Per 50g serving

ENERGY
512kJ / 124kcal

6%

HIGH

FAT
10.9g

16%

HIGH

SATURATES
3.8g

19%

LOW

SUGARS
0.7g

<1%

MED

SALT
0.5g

8%

% of an adult's reference intake

Typical values per 100g : Energy 1023kJ / 247kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.