THE LIGHTER PLATE METHOD

Smoked Mackerel & Horseradish Rye

Rich mackerel cut with cool cucumber and a fiery horseradish cream.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**0 min**	**8 min**	**2**	**EASY**

Ingredients

- 2 smoked mackerel fillets (about 150g, skin removed)
- 4 slices rye bread
- 2 tsp horseradish sauce
- 3 tbsp natural yoghurt
- 0.5 cucumber (thinly sliced)
- 1 small handful chives (snipped)

Method

1. Stir the horseradish into the yoghurt with a pinch of salt and a good grind of pepper.
2. Flake the mackerel into large pieces, checking for any stray bones.
3. Toast the rye bread and spread with the horseradish yoghurt.
4. Layer on the cucumber, then the mackerel, and finish with chives.

Tips & swaps

- Taste the horseradish before you commit; the strength varies hugely between brands. Cucumber under the fish rather than over keeps the toast from going soft.

Storage & reheating

Best assembled fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**22g**	**26g**	**15g**	**4g**

Estimated values, for guidance only. Contains: Fish, Gluten, Milk.