

SMOKED MACKEREL & EGG PASTE

Ingredients

- 4 eggs, hard boiled
- 7 oz. smoked mackerel
- 1 small onion, finely chopped
- 4 small pickled gherkins, chopped
- 2 tbsp. mayonnaise, light
- 2 tbsp. natural yogurt
- bunch of chives, chopped



Directions

1. Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.
2. Debone and skin the fish, then chop the meat and add to the bowl.
3. Add the finely chopped onion and gherkins into the bowl.
4. Season with salt and freshly ground pepper. Mix with the mayonnaise, yogurt and chopped chives. Serve with bread, fresh veggies, or on its own.