

Age NI Good Vibrations

Video Four Recipe Sheet: 'Good Mood Foods' Smoked Mackerel Pate

Give your mood a boost. The right nutrition can help support the production of neurotransmitter that help us feel calm, happy, and uplifted.



Ingredients

- 1 pack of smoked, peppered mackerel fillets
- 3-4 tblsp of cottage cheese
- 2 tsp horseradish sauce
- Zest and juice of ½ lemon

Method

1. Remove the skin from the mackerel. Place in a large bowl or food processor.
2. Add the cottage cheese, horseradish sauce and lemon juice and zest and mash with a fork or blitz in your food processor until you have your preferred consistency.
3. Serve on oatcakes for a tasty snack or quick lunch.

