



MACKEREL AND MANGO SALAD

SERVES 2



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Ingredients

- 2 tins of mackerel in oil, drained
- 1 tin of mango slices, drained and diced into chunks
- 1 red onion, peeled and finely chopped
- 1 ripe avocado, peeled, de-stoned and diced into chunks (optional)
- 1tsp chilli flakes
- Lime juice (or lemon)
- 3 tbsp fresh coriander, finely chopped
- Salt and pepper

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Recipe

1 | Into a bowl, add the mango, onion, avocado, chilli, lime, coriander and salt and gently stir together

2 | Leave to marinade in the bowl for 5 minutes.

3 | Separate the mixture between 2 plates, top with mackerel and season.



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Cost

Mackrel - 65p

Mango - £1

Red Onion - 14p

Avacodo - 49p

Chilli Flakes - 15p

Lime Juice - 4p

Coriander - 45p

TOTAL - £2.92

