



Another of our little finds in the local Polish Deli. 300g tins of Mackerel in Tomato sauce at £0.99. It's fair to say Sue did look a little sceptical when I appeared with it and it has sat lonely in the cupboard for a couple of weeks. But try this concoction, it's actually really good!

Ingredients:-

1 large tin of Mackerel in Tomato sauce
Salt & Pepper
Chilli flakes
Cuppa soup mix (We used Szechuan, as it Gluten free)
8 button Mushrooms, quartered
3 mixed thin peppers (Or one bell pepper if you prefer a milder taste), sliced
3 cloves of Garlic, grated
8 cherry Tomatoes, halved
Grated Italian style cheese
Kale (Savoy Cabbage will work, or any similar greens to add a bit of colour), sliced
Cheddar Cheese, grated
Rice (We used Basmati, but really it should
Oil to fry

Method:-

- (1) Fry the Rice, Chilli flakes, Salt & Pepper for 5 minutes.
- (2) Boil a pan of water.

- (3) Slowly add the water and simmer. Try not to stir too much at this stage as you don't want to release too much starch from the Rice.
- (4) Add the Garlic.
- (5) Add the remaining ingredients excluding the Cheese.
- (6) Simmer for a further 20 minutes.
- (7) Add Cheddar Cheese, stir in to melt.
- (8) Serve with the Italian style Cheese sprinkled over the top.