

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 at 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.