



COME ON

LET'S
**DO
THIS**

Fat Saturates Sugar Salt

HIGH

LOW

LOW

LOW

per 100g

Portions
fruit & veg
per serving

3

Spicy rice with mackerel & vegetables

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

Recipe includes a
healthy boost

Serves 4 | prep 20 mins | cook 30 mins

Spicy rice with mackerel & veg

Discover spicy rice with a tasty **healthy boost** – lentils and onions topped with boneless fillets of lemony mackerel.

Ingredients

- 2 tsp pure vegetable oil
- 2 onions (160g), diced
- 2 large peppers (320g) eg red and yellow, diced
- 2 cloves garlic, crushed
- 1 tsp Chinese 5-spice
- 1 tsp chilli flakes
- 160g fresh tomatoes, chopped
- 1 tbsp tomato puree
- 250g basmati rice
- 1 low salt vegetable stock cube and 500ml water
- 160g frozen peas, defrosted
- 1 x 400g tin black eye beans, drained (240g)
- Juice ½ lemon + wedges to serve
- 10g fresh coriander (optional).

Healthy boost ingredients

- 4 fresh mackerel fillets.

Method

1. Heat 1 tsp oil in a large pan, add the onion and cook for 3–4 minutes
2. Add the red and yellow peppers and stir for 2 minutes then add the garlic, 5-spice and chilli, tomatoes and tomato purée and mix well
3. Now add the rice and mix well to coat it in the spices and tomatoes
4. Add the stock, mix well, bring to a boil then reduce heat, add a tight fitting lid and simmer for 12 minutes then add the beans and peas to the top of the rice (don't mix in)
5. Turn off the heat, do not remove the lid and leave for 3 minutes
6. Add the remaining tsp oil to a frying pan, add the mackerel and fry 3–4 minutes skin side down, then carefully turn and cook a further 2 minutes
7. Fluff up the rice with a fork and divide between 4 bowls, flake the mackerel on top then sprinkle with coriander and serve with lemon wedges.



Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
679	25.3g	5.3g	9.8g	0.5g
34%	36%	27%	11%	8%

% = an adult's reference intake

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