

CALORIE CONTROL RECIPES

MAINS

Mackerel Fritters – serves 2

125g can of Mackerel Fillets – or use fresh mackerel if available

1 egg, lightly beaten

¼ cup self-raising flour

¼ cup milk

1 tbsp chives, chopped

1 tbsp lemon juice

1 cup kumera, grated

1 tbsp olive oil

Combine drained mackerel, egg, flour, milk, chives, lemon and kumera in a bowl and mix well. Heat oil and fry spoonfuls of mixture until golden brown on each side. Serve hot with freshly tossed green salad.