

George Foreman

Great Tasting Healthier Food In Minutes

Warm smoked mackerel panini with cherry tomatoes & crème fraiche dressing.



ideal for vegetarians



quick & easy snacks



serves 1 person



6 MINS
cooking time



great for kids

"pack yourself a healthier bite!"

You will need:

- 2 thick slices of wholegrain or wholewheat bread
- 2 small pre cooked smoked mackerel fillets flaked
- 4 cherry tomatoes halved
- 1 large handful of watercress.

Dressing:

- 2 tbsp reduced fat crème fraiche
- ½ tsp grated lemon zest
- ½ squeeze lemon
- 1 tsp black pepper

To make:

To make the dressing combine all the ingredients together & set aside in the fridge to chill. For the panini, place the flakes of mackerel onto the base of the bread, top with tomato and watercress.

Top with remaining slice of bread, place on the grill for 2 - 3 minutes until the bread is lightly toasted. Serve with a spoonful of reduced fat crème fraiche dressing.