



High Omega Mediterranean Mackerel Pasta

A pasta dish packed full of nutrition. Mackerel is a fantastic source of omega 3 which contributes to heart, brain, and bone health. Lycopene, a carotinoid found in tomatoes has powerful antioxidant effects and increases in bioavailability when tomatoes are cooked. This dish is also brimming with mediterranean flavours thanks to the capers and olives!

Nutritional Info

Calories: 670 kcal
Carbs: 67g
Protein: 40g
Fat: 24g

Ingredients

- Mackerel
- Shallot
- Tinned Tomatoes
- Garlic
- Olives
- Spaghetti
- Capers
- Fresh parsley
- Parmesan

Your Pantry

- Olive Oil

Allergens


[Fish \(Mackerel\)](#)
[Wheat \(Pasta\)](#)
[Milk \(Parmesan\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Boil the kettle**

2) **Prepare the vegetables**

Peel and crush the garlic. Peel and finely slice the shallot. Drain the fish. Finely chop the parsley. Cut the olives in half.

3) **Cook the sauce**

Place a large, deep frying pan or saucepan on medium heat. Once hot, add a small drizzle of oil and the shallot. Cook for 2-3 minutes or until beginning to soften, then add the garlic and mackerel. Cook for 2-3 minutes. Add the tomatoes, capers, and olives and stir gently to combine. Cook on a low-medium heat for 5-10 minutes. While the sauce is cooking...

4) **Cook the pasta**

Cook the pasta in a large pot of boiling water for 8-10 minutes or until cooked to your liking, then drain and add to the saucepan with the sauce. Toss the pasta in with the sauce until fully coated, then stir in the chopped parsley.

5) **Plate the dish**

Serve the pasta in deep dishes and garnish with the parmesan cheese.



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