

Smoked Mackerel Rolls

Serves 4

Preparation time: 10 minutes

Cooking time: 7 minutes

Ingredients:

4 large Lion quality eggs
2 peppered smoked mackerel fillets,
skin removed
4 tbsp mayonnaise
4 large long white rolls
butter for spreading
rocket leaves



Method:

- 1 Place the eggs in a small pan, cover with cold water and slowly bring to the boil. Simmer for 7 mins. Drain the eggs then rinse in cold water. Tap the shells all over and peel away the shells.
- 2 Flake the mackerel fillets and add to the eggs with mayonnaise and seasoning to taste. Lightly mix.
- 3 Split the rolls and spread with butter. Divide the mackerel and egg mixture between the rolls and top with rocket leaves.
- 4 Wrap with clear film and chill until ready to serve.