

# Mackerel with Creamy Horseradish Potatoes



Serves	Prep Time	Cooking	Total Time	Calories
<b>1 person</b>				<b>499 kcal</b>

### Stuff that's in it:

- 1 Mackerel Fillet
- Thumb Of Oil
- 1 Tsp Oil (For Potatoes)
- 3 Cherry Tomatoes
- Xxx Xxx (Xxx)
- Half Pack Asparagus (Trimmed)
- 50G Half Fat Creme Fraiche
- ½ Tsp Horseradish ((Or More Of You Like The Bite))
- Paprika
- 1 Red Onion (Sliced Thin)
- 150G Baby Potatoes (Halved)

### What you do:

Squirt a little oil on your potatoes and air fry for 29 mins (alternatively bake for around 25 mins).

Heat a pan, thumb a little oil on your fillet then sprinkle paprika over, fry skin side down for 3/4 minutes each side, careful turn over with a spatula half way. Set aside (remove skin optional).

Steam your asparagus for 2 minutes.

Add your creme fraiche and horseradish to a bowl, mix well, add the onion, salt and pepper and toss your potatoes in.

Serve with the tomatoes

### **Nutrition**

- Carbs: 25g
- Fat: 31g
- Protein: 25g

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