

Hot Kipper Pate

SERVES 6

340g (12oz) kipper fillets
fresh or defrosted
1 x 200g tub soft cream cheese
1 x 15ml spoon (1 tbsp) lime juice
a few drops Tabasco sauce
1 x 15ml spoon (1 tbsp) parsley, chopped
toast, to serve



1. Place the kippers on a suitable plate, cover and cook on HIGH for 2 minutes.
2. When cool enough to handle, remove skin and bones from the fish and flake the flesh into a bowl or blend using a food processor
3. Beat in the cheese, lime juice and Tabasco sauce, until pate is soft but still retaining some texture.
4. Stir in the parsley and chill before serving with toast and salad.