



This is actually something I throw together when I've nothing left in the cupboard and the shops are closed or I'm tied up with something so popping to the shop is not an option. I know I'm not really selling it but actually it's a fairly tasty mess. I've been making it for years. It a quick and handy sort of rough and ready meal - more of a lunch than dinner. And when I last made it it occurred to me that not only do I like it, but it's quite healthy, to make, and it has tinned fish so really I should be explaining why this wasn't the first tinned fish recipe here rather than [Green Mackerel Soup](#)

- which was alright but I've never made it since.

I've have made [The Cheat's Seafood Chowder](#) a few times. I love it but I must admit to sometimes using frozen salmon instead of tinned and it is nicer. If you want to try that before you add the cream just throw in the salmon and let it poach for a few minutes. If you add the cream just last thing before serving it seems to stay sweeter.



How I make Tinned Mackerel and Tomato Rice is **Ingredients:**

Serves 1 - 2

- 125g long grain rice
- 250ml hot water
- 1 tin plum tomatoes
- 2 large cloves of garlic, sliced
- 3/4 tsp sweet paprika

- 1/2 tsp mild chili powder (*this doesn't make the dish spicy so add more if like it spicy*)
- 1/2 tsp ground coriander
- 1 tsp dried basil
- pinch of salt
- freshly ground black pepper
- 75g frozen peas
- 1 tin of mackerel in sunflower oil
- squeeze of fresh lemon
- olive oil

Instructions:

1. Heat a little olive oil in a saucepan. Add the rice and shake it around so that all the rice is coated with the oil. Then add the herbs and spices and again stir or shake it around so that all the rice is covered by the herbs. Stir it around for a few seconds just letting the herbs and spices heat up but not burn (*it should smell really sweet*).

2. Stir in the hot water, add the sliced garlic and then add the tinned tomatoes. With a potato masher mash the tomatoes. Sprinkle over some salt and pepper. Bring to boil and reduce to a low heat. Cover and leave for 10 minutes or so until the rice has absorbed most of the liquid.

3. Stir around. Add in the peas, cover and leave for another minute or two. Remove from the heat.

4. Drain off the excess oil from the tin of mackerel. Break into chunks and add to the pot. It's ready to serve.

5. Squeeze a little fresh lemon over and adjust seasoning to taste.