

LighterLife Management

Week 2 Recipes:

Smoked haddock pâté

Packed with protein, this easy pâté is great as a dip for veggies.

Serves: 1

Nutrition per serving:

Kcal 225 Fat 5g Carbs 6g Fibre 2g Protein 40g

Ingredients:

- 150g cooked smoked haddock, skinless and boneless
- 50g low-fat cottage cheese
- pinch cayenne pepper
- 1 tbsp lemon juice
- ¼ red pepper, cut into strips
- 40g sugarsnap peas

Method:

1. Blitz all the ingredients in a blender until smooth.
2. Use as a dip for the pepper and peas.

Tips:

- Alternatively, serve as a stuffing for chicory leaves. From week 6, it's great with wholegrain bread.
- This also works well with 150g smoked mackerel, skinless and boneless.