

three streams



Ingredients:

Three Streams Lightly Smoked Mackerel fillets

Butter

Eggs and milk for scrambled eggs

Crème fraiche

Fresh chives

1 tomato sliced finely

Method:

Melt the butter in a frying pan over moderate heat, add the mackerel skin side down and cook for one minute while moving it around in the pan or until it is cooked, flash fry the other side.

Plate with fresh ciabatta slices, scrambled egg, crème fraiche and pan-fried mackerel pieces. Garnish with chives and finely chopped tomato.

Serve with Lemon wedges on the side.