



## Crunchy Fish Bites

### You will need

- Mixing bowl
- Spoon
- Fork
- Serving plate
- Colander or small sieve
- Tin opener
- Knife

### Ingredients

- Can of salmon, sardines or pilchards (tinned in oil or water)
- Small can or half a can of sweetcorn
- Small red, yellow or orange sweet pepper
- Cream cheese or crème fraiche
- Plain rice cakes, oatcakes or crackers



### How to make:

- Drain the fish, add to bowl, use a fork to break the fish into flakes.
- Wash, deseed and chop the pepper into small pieces and add to the flaked fish
- Drain sweetcorn and add to the bowl.
- Add a spoonful of crème fraiche or cream cheese and mix everything together.
- Spoon and spread mixture onto plain rice cakes, oatcakes or crackers.



**Be Allergen Alert!**  
Always check the labels.

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