

Less than 30 minutes

Serves 8

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Ingredients:

- 1 baguette, sliced
- Glug olive oil
- Grated peel of 1 lemon
- 1 can (400g) white beans, drained and rinsed
- ½ cup (125ml) plain yoghurt
- 1 tub (500g) PnP pickled fish, fish and sauce separated
- 2 salad onions, finely chopped
- 1 packet (20g) flat-leaf parsley, chopped
- Salt and milled pepper

Method

1. Preheat oven grill.
2. Place bread slices in a single layer on a baking tray.
3. Mix olive oil and grated lemon peel together.
4. Brush both sides of the bread slices with lemon oil.
5. Toast for 2-3 minutes each side or until golden.
6. Mash beans, yoghurt, pickled fish pieces, half the sauce (discard the rest), onion and parsley together until coarse.
7. Season with salt and pepper.
8. Serve pâté with lemon toasties.