Savory Mackerel Oats with Peas and Horseradish

2 savory porridge bowls, with toast · Active 10 min · Total 25 min

Skills: Confident beginner

Ingredients

- 1 cup rolled oats (100 g)
- 2 1/2 cups low-sodium vegetable stock (600 ml)
- 1 cup frozen peas (140 g)
- 1 can mackerel in brine or spring water, drained to yield about 4 1/2 oz (125 g)
- 1 teaspoon prepared grated horseradish (5 g)
- 1 tablespoon lemon juice (15 ml)
- 2 green onions, thinly sliced (25 g)
- 1 teaspoon olive oil (5 ml)
- 1/4 teaspoon black pepper (0.5 g)
- 2 slices whole-wheat bread (80 g total), to toast

Set out

Medium saucepan, Toaster, Fork, Instant-read thermometer

Allergens

Fish (mackerel), Wheat in bread; oats may have wheat cross-contact, Prepared horseradish may contain milk, mustard or sulfites—check label. Check labels and substitutions.

Make it

1. Put the oats and stock in the saucepan. Bring to a gentle simmer, then cook over low heat for 5–7 minutes, stirring often, until the oats are almost tender.

2. Add the frozen peas and cook for 3 minutes, stirring. Add a little hot water if the mixture becomes stiff.

3. Meanwhile, drain and gently flake the mackerel, removing any hard bones you find. Toast the bread.

4. Fold the mackerel into the oats and cook gently for 2–3 minutes, until the peas are tender and the whole mixture reaches 165°F/74°C. Remove from the heat and stir in the horseradish, lemon juice, olive oil, black pepper and half the green onion.

5. Divide between two bowls and scatter the remaining green onion over them. Serve immediately with one slice of toast per person.

Check the can before the shift begins

Keep a suitable can of plain fish in the cupboard rather than relying on a flavored version whose sauce may not suit this dish. Refrigerate any opened remainder promptly in a covered container.

A useful detail

Use ordinary rolled oats. Steel-cut oats and instant flavored oatmeal are not suitable for this timing or seasoning.

Keep it well

Best served immediately. Refrigerate shallow leftovers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 2 days. Reheat with a little water, stirring until 165°F/74°C throughout. Keep toast separate. If transporting leftovers, chill fully, use two cold sources and refrigerate at work before reheating.