



LASCO Chunky Mackerel Casserole

INGREDIENTS

1 kg Irish Potato; Peeled and boiled, ¼ Tsp Salt, 3 Tbsp LASCO Margarine,
1 Large Onion; chopped, 1 Tbsp LASCO Hot Pepper Sauce,
1 Can *LASCO Chunky Mackerel; drained, 1 Can LASCO Mixed Vegetables; drained, 1 Tsp Paprika (optional).

METHOD

Drain water from potato. Add salt and 2 tablespoons margarine. Crush until creamy. Place the remaining margarine in a small frying pan. Add onions, pepper sauce, and mackerel. Heat for one minute, and then flake mackerel gently. Set aside. In a lightly greased oven proof dish, spread half of the potato to cover the bottom of the dish. Add Mackerel then mixed vegetables in layers. Cover with the remaining potato. Sprinkle lightly with paprika. Bake for 20 minutes at 350 degrees Fahrenheit.

Serves 5-6

* For extra zest, three cans of LASCO Hot & Spicy Mackerel 155g can be used as a substitute

LASCO Bean Stew

INGREDIENTS

1 Packet LASCO Coconut Powder, 1/4 Cup Water
1 Medium Onion; chopped, 3 stalks scallion; chopped, 3-4 sprigs thyme,
1/4 tsp pimento berries, 1 can LASCO Red Kidney Beans,
1 can LASCO Broad Beans; drained,
1/4 cup LASCO Tomato Ketchup,
1 can LASCO Mixed Vegetables; drained
1tbsp LASCO All Purpose Jerk Seasoning.

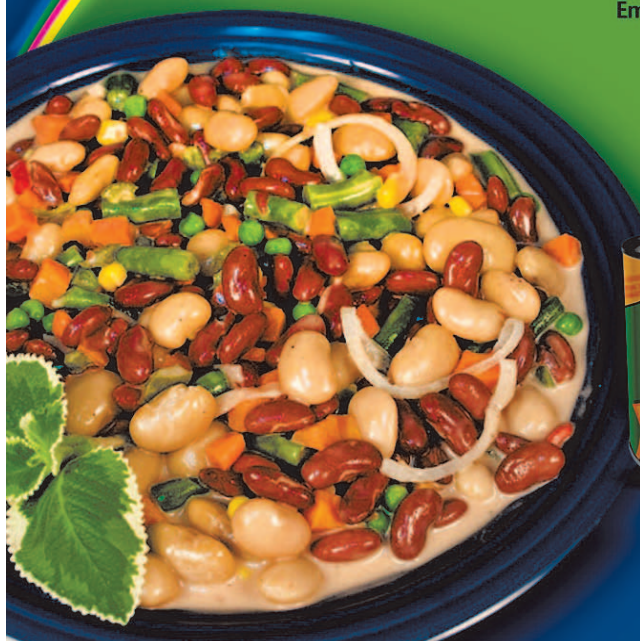
METHOD

Empty coconut powder in a pot 1/4 cup water and combine. Add all seasonings and water from the kidney beans. Simmer for 5-7 minutes.

Empty both canned beans into the coconut mixture. Stir in tomato ketchup. Cook on a low flame for a further 10 minutes or until mixture thickens. Reduce flame, drain mixed vegetables and stir.

Serves 5-6

Serve with fluffy rice or LASCO Water Crackers



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