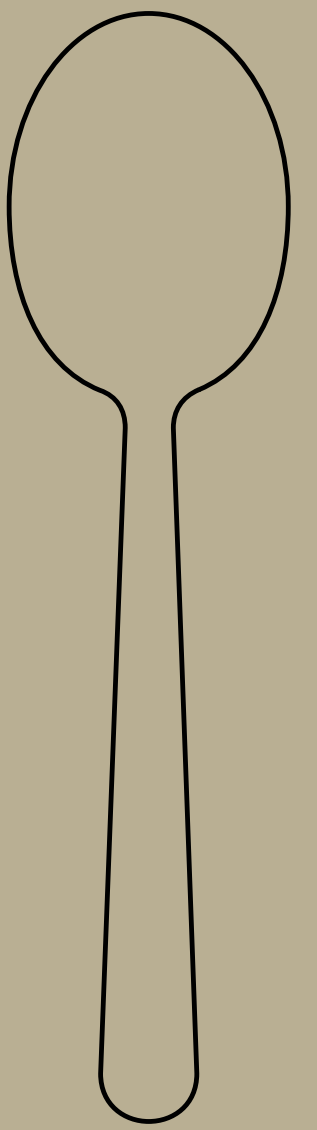
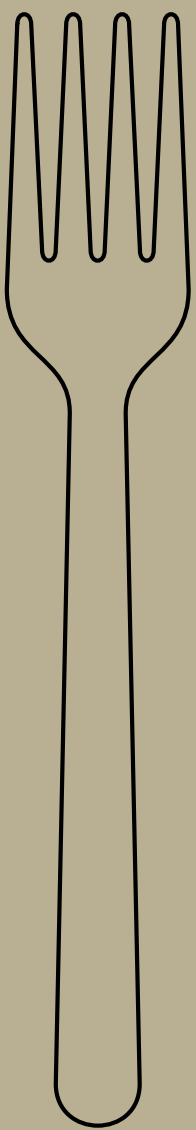


Rolling Stock **Simple Canned Recipes**



The fat from mackerel helps improve blood flow and strengthen blood vessels. This is due to the fact that it contains plenty of nutrients that the body is not able to produce by itself. Canned fish is processed from fresh fish, so the nutritional value is virtually the same as raw fish. Canned tuna can also work as a substitute.

Health promotion team

Rolling Stock Simple Canned Recipes (Health Promotion Team)
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Canned Mackerel & Potato Curry Stir Fry



Calories	149 kcal
Protein	9.8 g
Fat	5.5g
Carbohydrates	14.3g
Salt	0.4g
Per 1 Serving	

■ Ingredients (For 4 Servings)

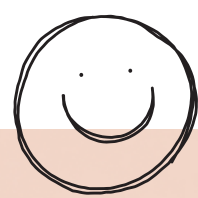
Canned Mackerel (Water Boiled) 1 Can

Potatoes 3

Sesame Oil 1 Teaspoon

A (Curry Powder 1 Tablespoon
Salt A Pinch
Pepper A Pinch
Green Laver A Pinch

The vitamin C found in the potatoes can be effective against fevers. The nutrients are resistant to UV rays and help strengthen blood vessels.



■ Recipe

- ① Peel the potatoes, cut into bite-sized pieces, and then boil.
- ② Heat the sesame oil in a frying pan and then add the canned mackerel and ingredients from 1. While breaking into smaller pieces, fry the mackerel.
- ③ Season with the ingredients from A and continue to fry until all of the juices have been absorbed.
- ④ Serve and sprinkle with the green laver.

☀ Use unpeeled potatoes to increase the iron content!

Canned Mackerel Mayonnaise Salad



Calories	117kcal
Protein	9.0g
Fat	6.6 g
Carbohydrates	5.0 g
Salt	0.4 g
Per 1 Serving	

■ Ingredients (For 4 Servings)

Canned Mackerel (Water Boiled) 1 Can
Onion 1/2
Tomato 1/4
Mayonnaise 1 Tablespoon

The allicin contained in onions, which is great for fatigue, is more easily absorbed when eaten raw!

■ Recipe

- ① Thinly slice the onion and tomato.
- ② Add the canned mackerel and ingredients from 1 to a bowl. Garnish with mayonnaise.

- ☀ Soaking onions in water helps remove the pungent taste.
- ☀ Onions can be substituted with cucumbers or cabbage.
- ☀ If you would like a salty taste, add the juice from the canned mackerel.

Canned Mackerel and Tomato Soup



Calories	105kcal
Protein	7.9 g
Fat	3.9 g
Carbohydrates	8.4 g
Salt	0.7 g
Per 1 Serving	

■ Ingredients (For 4 Servings)

Canned Mackerel (Water Boiled) 1 Can
Canned Tomatoes 1 Can
Granulated Consommé 1 Teaspoon
Sugar/Sake 1 Tablespoon of Each
Water 150 ml
Pepper A Pinch
Dried Parsley A Pinch

A

Using the entire can allows for your body to intake all of the nutrients from the mackerel and tomatoes!

■ Recipe

- ① Put the ingredients from A into a pot and heat.
- ② Bring to a boil, and then season with pepper to taste.
- ③ Serve and then sprinkle on some dried parsley.

☀ For those who do not like the smell of mackerel, add garlic to help reduce the smell.

☀ Microwave (500 w ~ 600 w) for an even easier recipe.