



Local caught grilled mackerel. Served with a candied beetroot, watercress and new season Cox's apple salad, and an apple cider dressing

Mackerel are oily fish with a light aroma and a pink coloured flesh. The flesh of mackerel is succulent and juicy with a strong flavour. If mackerel is not available, you could use herrings or sardines in this recipe.

Preparation time **30 minutes** Cooking time **10 minutes**

Ingredients (serves 4 people)

- Mackerel fillets – 4 in number (order from us via code 01MAC00E06 MACKEREL: FILLET (EACH))
- Baked candied beetroot - 100gm
- Picked tips of watercress - 25gm
- Cox apples - 2 in number
- Cider vinegar - 15ml
- Extra virgin olive oil - 45ml
- Dijon mustard - 10gm

Instructions

1. Check mackerel for bones. Remove any that remain. Using a very sharp knife score the skin of the mackerel 15-20 times (do not cut through the flesh). Rub the skin with rape seed oil and place under a very hot grill to char. Place in oven for 3-4 minutes at 180°C to complete cooking.
2. Assemble salad. Slice beetroot and dice. Remove any thick stems from the watercress. Slice and dice the apples (leave skin on).
3. Make the dressing. Place cider vinegar, Dijon mustard, honey and olive oil into a bowl. Whisk until thick. Adjust seasoning with salt and pepper. If dressing is too thick add drops of boiling water to thin down.
4. Assemble dish. Garnish plate with salad. Add mackerel with a pinch of sea salt on skin.

Contact your account manager for more information and to place an order

directseafoods.co.uk

