

# MACKEREL WITH RED ONION & RED PEPPER SALSA

SERVES 2

## INGREDIENTS

4 mackerel, divided into 8 fillets

Olive oil

1 red onion, finely diced

1 red pepper, finely diced

1 lemon

1 bunch chives, finely chopped



- Preheat your grill. Season the mackerel fillets with sea salt and drizzle with olive oil.
- Put the mackerel fillets onto a tray, skin side up, and place under a hot grill for 4–6 minutes, until cooked through.
- To make the salsa, add the diced red onion and red pepper to a bowl, then drizzle generously with olive oil and a squeeze of lemon. Throw in the chives and season with sea salt before mixing it all together.
- As soon as the mackerel fillets are cooked, slide them onto a pre-warmed plate and spoon salsa over the top. Serve immediately with lemon wedges and a hunk of bread.