

CHARGRILLED MACKEREL WITH SALSA VERDE

SERVES 2

INGREDIENTS

2 lemons

Good-quality olive oil

4 medium-sized mackerel, gutted
and scaled

Homemade rocket salsa verde (see book)

Crusty bread, to serve



- Cut 1 lemon into six wedges, then arrange the pieces on a lipped baking tray. Drizzle with 300ml olive oil and cook in the oven for around 2 hours at a low heat, until the lemon is caramelised but not burnt. Once cooked, strain the excess oil into a jug and set aside.
- Preheat a griddle pan over a high heat. Place the mackerel onto the hot griddle and do not move for at least 3–4 minutes. Turn over and repeat on the other side.
- Divide the mackerel between 2 dishes, and drizzle the homemade rocket salsa verde and lemon oil on top. Serve immediately with lemon wedges and crusty bread.