

Recipe of the Week

Moroccan Mackerel

2 mackerel fillets, skin on
1 roasted red pepper (from a jar), chopped
1 tbsp capers, rinsed
A handful of parsley, chopped
1 preserved lemon, rind only, finely chopped
2 spring onions, finely chopped
15g toasted pine nuts, optional

Marinade and dressing
5 tbsp olive oil
3 tbsp red wine vinegar
2 tbsp sweet smoked paprika
1 tsp turmeric
2 tsp ground cumin
4 garlic cloves, crushed
Sea salt and black pepper

1. Place the mackerel fillets into a medium-sized glass bowl. In a different bowl, mix all the marinade ingredients together and spoon half over the fish. Marinate for 30 minutes.
2. Place the red pepper, capers, parsley, preserved lemon and spring onion in the bowl of remaining marinade.
3. Preheat the grill to moderately hot. Place mackerel on a lined baking tray and grill for 5 minutes until cooked through.
4. Serve the mackerel on plates and pour over the remaining dressing.
5. Scatter over a few pine nuts if wished.

