



Hot and Sour Mackerel Fillet Salad **with Chilli, Mint and Coriander**

A really quick, easy recipe using a fish which is so plentiful and cheap. We are always asked at The Cook School for interesting ways with Mackerel.

Recipe x 4

4 medium Mackerel fillets, small bones or pin bones removed – ask your fishmonger
Mixed salad leaves for 4 people – 300-500g depending how hungry you are.

4 spring onions, finely sliced

1 dessertspoon of finely shredded mint

2 dessertspoons chopped coriander

Sunflower oil

Dressing

Juice of 2 limes

3 soup spoons (Nampla) Thai fish sauce

1 teaspoon soft brown sugar

1 small clove finely chopped garlic

2 stalks finely chopped lemon grass

Splash of thick soy sauce (Katsup Manis)

1 teaspoon finely grated or chopped ginger

Method

Make the dressing at least 24 hours ahead.

Heat a large non stick frying pan and add a splash of sunflower oil.

Fry the Mackerel quickly (skin side down first).

Cook for 3 minutes each side

Drain on kitchen paper.

Mix together all the ingredients for the salad in a bowl and arrange on large plates.

Place the mackerel fillet on the salad. Spoon a little of the dressing over the salad and fish and serve the remaining dressing on the side.

If the mackerel fillets are small, serve 2.