

Griddled Mackerel

Serves 2

500g pack Small New Potatoes

1 large orange

2 x 300-400g Fresh Mackerel, cleaned and fins removed

1 tsp coarse sea salt

1 tbsp Garlic Butter

100g pack Watercress



1. Preheat the barbecue or grill Cook the potatoes in boiling water for 12-15 minutes until they are tender when pierced with a knife
2. Meanwhile, halve the orange and cut one half into 4 wedges. Make 3 deep, diagonal slashes on each side of the mackerel then sprinkle with the sea salt
3. Griddle the mackerel and orange wedges for 5-8 minutes on each side, until the fish is crisp-skinned and just cooked through, and the orange wedges are starting to char.
4. Drain the potatoes and return to the pan with the roasted garlic butter. Pare the zest from the remaining orange half and add to the pan along with the juice Toss together then add the watercress
5. Divide the potatoes and watercress between 2 plates and serve with the mackerel and orange wedges