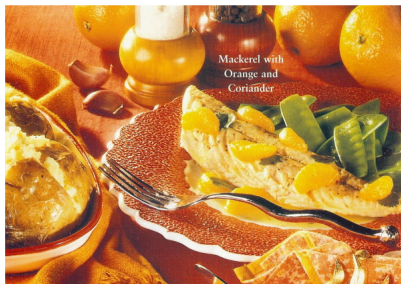


Mackerel with Orange and Coriander

Serves 4

- 4 x 125g (4oz) mackerel or herring fillets
- 1 x 15ml spoon (1 tablespoon) Cajun seasoning salt and black pepper
- 1 x 298g (11 oz) can mandarin oranges in natural juice
- coriander leaves, to garnish



Preheat oven to 190°C / 375°F, Gas Mark 5

1. Place the fillets in a dish and season.
 2. Pour the mandarin oranges and juice over the fish. Sprinkle the top with coriander leaves.
 3. Cover and bake for 25 minutes.
- Serve with baked potatoes and mange tout.