

Mediterranean Mackerel

Serves 4

- 4 x 350g (12oz) whole mackerel or herring, cleaned and heads removed
- 1 x 15ml spoon (1 tablespoon) olive oil
- 1 onion, finely sliced
- 1 clove garlic, crushed
- 1 red pepper, deseeded and chopped
- 2 medium courgettes, sliced
- 1 x 400g (14oz) can chopped tomatoes
- 1 x 5ml spoon (1 teaspoon) dried basil or fresh chopped basil
- to taste salt and black pepper
- or 1 x 400g (14oz) can ratatouille

1. Heat the oil in a pan, cook the onion and garlic until soft.
2. Add the pepper, courgettes, tomatoes and basil. Season and cook for 2-3 minutes.
3. Pour into an ovenproof dish. Arrange the mackerel on top.
4. Cover and bake for 25 minutes. Serve with baked potatoes.

