

Mackerel with feta, cucumber, apple and shallot salad, and wasabi mayonnaise

Ingredients

2 mackerel fillets
30g feta cheese
Half an apple
Quarter of a cucumber
2 shallots
100ml white wine vinegar
100ml water
50g caster sugar
50ml cassis
4 tablespoons mayonnaise
4 teaspoons wasabi paste
1 lime zest and juice
A small amount of cress or pea shoots to serve
Salt and pepper
A splash of cooking oil

Method

- 1 Make a pickling liquor by heating the white wine vinegar, water, sugar, and cassis in a saucepan. Bring to the boil.
- 2 Take the pickling liquor off the heat. Slice the shallots into half cm rings and place in the liquor.
- 3 Next, season the mackerel (it is best to do this five minutes before cooking). Add a splash of oil to a frying pan and place on a low heat to warm up.
- 4 Dice the apple neatly and place in a bowl. Squeeze lime juice from half the lime over the apple. Dice the feta and add to the bowl.
- 5 Peel the cucumber and dice (or, if you have a melon baller make 10 balls of cucumber). Add to the bowl and season with salt.
- 6 Place the mackerel skin down in the pan and hold down for ten seconds so it doesn't curl.
- 7 While the mackerel is cooking, add the wasabi paste to the mayonnaise with a squeeze of lime juice.
- 8 Go back to the mackerel. In total, this should be cooked for 4-5 minutes on the skin side only, on a medium heat.
- 9 While the mackerel is finishing off, start assembling the ingredients on the plate with a swipe of the wasabi mayonnaise. Dot apple cucumber and feta around plate. Take the shallot rings out of the liquor and lean a few of them against against the diced salad.
- 10 When the mackerel is 90% cooked, flip over and take off the heat. Place on your salad. Garnish with lime zest, a pinch of pepper and cress or pea shoots.