

British mackerel fillets with marmalade, sticky rice, bok choi charred spring onions ginger and soy

I'm sure you've heard it all before, but that's because it's true! Mackerel is one of those underrated best value fish and it's really good for you as it's packed full of beneficial oils, proteins and vitamins. To add a twist to this recipe with its Asian influences I've added Tiptree orange marmalade (available at Sandys) to cut through the richness of the fish as well as run with the ginger flavours.

Ingredients for two people:

4 mackerel fillets
2 tbs Tiptree marmalade
1 large bok choi cut in to 6 wedges
4 spring onions neatly trimmed top and tail
150g sticky rice
195ml water
Thumb sized piece of ginger
1 small shallot
1 clove garlic
1 small mild red chilli
15ml light soy sauce
20ml rapeseed oil
Lime juice to season
1 tsp sushi rice seasoning

Recipe:

- Wash the rice gently until the water runs clear
- Dice the ginger, garlic, and shallot and slice the chilli. Ideally you want it all diced the size of a match head. Mix with the soy, sushi seasoning, rape seed oil and season with a few drops of lime
- Heat the griddle pan and turn your grill onto high
- Cook the bok choi and spring onions in boiling salted water till tender but with a little bite. This should take about 3-4 mins. Plunge them into ice cold water, once cold remove and put on to a cloth
- Char the mackerel skin this is just to mark it, remove from the pan and place on a tray with grease proof skin side up and brush with the marmalade
- Measure the rice and the water with a pinch of salt bring to the boil turn the heat to low cover and let steam, the rice should take 14-18 mins which will give you time to complete the rest of the dish. If the rice cooks earlier, take it off the heat and leave the lid on it to keep it warm
- Gently rub the spring onions and bok choi with sunflower oil and season with salt and pepper, place in the chargrill, turning occasionally to re heat and char
- Get the mackerel under the grill for about 8 mins, don't overcook it as it will dry the flesh out. You can tell if the fish is cooked by gently lifting the side of the fish and looking at where the Sandys block men will have taken the fat line out
- Time to plate up! Keep it rustic drizzling the warm vegetables with the dressing and laying the mackerel on top

Tip:

If you have a griddle pan now is the time to use it as it will enable you to char the mackerel skin giving it a lovely smoky flavour. You can also use a good quality dry non-stick frying pan heated to a high heat

to give you a similar effect. If you warm the marmalade either in the microwave or over boiling water it becomes easier to spread.

