

# Smoked Black Pepper Mackerel, Mango & Spicy Dressing

## Ingredients – Serves 2

- 2 x Smoked Back Pepper Mackerel
- 1 lime
- 1 mango
- 1 red chilli
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 2 spring onions
- 2 tsp black sesame seeds
- 2 tsp honey
- 60g radishes
- 80g brown rice
- 80g mangetout
- Medium handful of fresh coriander



## Method:

1. Boil a kettle. Rinse the brown rice and place in a saucepan with 400ml boiling water. Simmer for 20-25 mins.
2. Trim the mangetout and slice in half lengthways. Thinly slice the radishes into small batons and finely slice the spring onions, removing the root end. Roughly chop the coriander. Peel and de-stone the mango and cut into small 1cm cubes.
3. Wrap the mackerel fillets (2 per person) or 1 for a light lunch, place on a baking tray and bake in the oven for 10 mins or until cooked through and the skin is crispy. In the last 2 mins of cooking, add the mangetout to the baking tray and crisp.
5. To make the spicy dressing; finely chop the red chilli (remove the seeds for less heat). In a small bowl, mix the red chilli with the soy sauce, sesame oil, honey and the juice from the lime.

6. When the rice is cooked, drain then place in a bowl and stir through half of the dressing, spring onion, radishes, mango, coriander and cooked mangetout.

7. Spoon the spicy vegetable rice into two warm bowls. Flake the mackerel into bite-sized pieces and arrange on top. Drizzle over the remaining dressing.

Recipe for two people, halve the ingredients for one person