

Pan fried Mackerel fillet with Salsa Verde

Serves 2



PROJECT FOOD

A helping hand to healthy eating

Ingredients

- 1-2 cloves of garlic
- A large bunch of fresh flat leaf parsley
- 1 bunch fresh basil
- 1 bunch fresh mint
- 1 tbsp capers
- 4 gherkins
- 1 tsp Dijon or wholegrain mustard
- Olive Oil
- 2 fresh Mackerel fillets—boned and trimmed
- Plain flour for dusting
- Ground cumin (optional)



Your freshly made salsa verde will keep in the fridge for around 5 days in a sealed jar or container. It is great with any grilled fish, meats or as a salad dressing.

Method

1. Place the herbs, garlic, capers, gherkins, mustard and a dash of olive oil into a blender and blitz into a puree. Set aside in the fridge while you prepare your mackerel.
2. Take your boned and trimmed mackerel fillet and carefully score the skin 4 or 5 times with a sharp knife.
3. Season your flour with a little cumin, if using, and dust your fish on both sides. Shake off any excess.
4. Fry the fish in a little olive oil, skin side down for 2 mins, then carefully turn it over, frying the other side for a further 2 mins.
5. Remove from the pan and place on a piece of kitchen roll to dab off any excess oil.
6. Remove the salsa verde from the fridge and drizzle over the mackerel and serve with a salad, leafy green vegetables and new potatoes.

Oily Fish

A healthy, balanced diet should include at least 2 portions of fish a week, including 1 of oily fish.

That's because fish and shellfish are good sources of many vitamins and minerals.

Oily fish – such as salmon, mackerel and sardines – is also particularly high in long-chain omega-3 fatty acids, which can help to keep your heart healthy.

Watermelon, Feta and Olive Salad



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Ingredients

- Half a watermelon, chilled in the fridge
- Juice and zest of 1 lime
- A little fresh ginger
- Handful of black olives—stones and quartered
- Handful of fresh rocket (or other small salad leaves)
- Fresh coriander
- Feta cheese



Method

1. Remove the chilled watermelon from the fridge and cut into cubes, removing the skin and seeds as you go.
2. Drizzle the watermelon with the lime juice and zest and a little of the juice from the grated ginger
3. Toss with the black olives and salad leaves and arrange in a bowl.
4. Finish with crumbled feta cheese.

Staying Hydrated

We all know that drinking water and clear fluids keep you hydrated, but some fruits are great at the job too!

A watermelon is 92% water so is super hydrating.

Other great fruits for keeping those hydration levels up include strawberries, grapefruits, melon, peaches and oranges with the extra vitamin C as a bonus.