

Grilled Fish with Cretan Rusk Salad



Serves 4

Prep 15 mins

Cooking 15 mins

Easy

Ingredients

4 skin-on sea bass, mackerel, turbot or hake fillets

olive oil

For the rusk salad

300g tomatoes

1 cucumber

1 small red onion, thinly sliced

4 tbsp olive oil

3 tbsp red wine vinegar

1 tsp dried oregano

4 Cretan barley rusks or 2 large sourdough slices

150g feta, crumbled

Optional: a handful of black olives, halved and pitted

1. Cretan barley rusks are hard to find so I substitute thickly sliced sourdough slices drizzled with olive oil and dried out in a oven set at 200C/ Fan 180C/ Gas 6 for 10-15 mins. When cooled, break into bite-sized pieces.
2. Prepare the cucumber: peel, cut in half lengthways, take out the seeds and cut into small half-moon pieces.
3. Roughly blitz 150g of the tomatoes in a food processor and pour into a bowl. Dice the remaining tomatoes and add to the bowl. Add the cucumber, onion and olives if using, followed by the olive oil, vinegar, oregano. Season with salt. Leave at room temperature while you cook the fish.
4. Season the fish and drizzle with olive oil. Heat a large frying pan or griddle over a medium heat and when hot but not smoking, add the fish, flesh side down and cook until golden-brown on one side. Shake the pan occasionally to make sure the fish doesn't stick. Carefully flip the fish over with a fish slice and continue to fry for 2-4 minutes until just cooked through.
5. To finish the rusk salad, mix all the ingredients well. Add the rusk to the salad, followed by the feta. Check the seasoning and serve immediately with the fillets of fish.