

Herb-crusted Mackerel with Lemon Cauliflower Mash



Serves 2

Prep 10 mins

Cooking 20 mins

Easy

For the puree

1 cube vegetable stock
200ml milk
100g flourey potato, peeled/diced in 2cm cubes
½ head cauliflower, broken into florets
nutmeg for grating

For the mackerel

oil, for greasing
50g wholemeal bread, torn into chunks
a few parsley sprigs
1 tbsp chopped chives
2 thyme sprigs, leaves picked
4 mackerel fillets
½ lemon, zested & juiced
125g green beans or asparagus
2 tsp olive oil

1. Preheat the oven to gas 8, 220°C, fan 200°C. Line a baking tray with foil & grease with oil.
2. Put the torn bread, parsley, chives, half the thyme and some seasoning in a food processor. Pulse to fine breadcrumbs and tip onto a shallow plate.
3. Put the mackerel fillets on the lined tray, skin-side down. Pour the lemon juice over the fillets, then press each fillet firmly into the breadcrumb mixture to coat.
4. Drizzle over 1 tsp olive oil & bake for 12-15 mins until the breadcrumbs are crisp & brown.
5. Put a medium-sized pan of water to boil, crumbling in the stock cube with half the milk. When boiling, tip in the potatoes & cauliflower & boil for 8 mins until both are tender.
6. Drain the veg over another pan or bowl to catch the cooking water. Tip the veg back into the empty pan with the remaining milk, salt, pepper & a grating of nutmeg. Mash first, before finishing with a stick blender to make a really smooth purée. You want a soft consistency, so add a splash of the cooking water if you need to.
7. Return to the saucepan, stir through the lemon zest & serve with the fillets.