

Mackerel Teriyaki with Orange Salsa



Serves 2 **Prep 10 mins**

Cooking 5 mins

Easy

Ingredients

2 mackerel gutted and filleted & pin boned
Lime wedges

For the Teriyaki glaze:

25ml sake
50ml soy
15ml mirin
50g caster sugar

For the orange salsa

2 oranges, segmented
1 large shallot, finely chopped
10g parsley, finely chopped
black pepper

1. Heat a grill to high
2. Place the teriyaki ingredients in a pan over a medium heat and bring to the boil then take off the heat. Brush half over the mackerel fillets. Place the mackerel on a tray and grill for 2 to 3 minutes.
3. Mix the orange segments with the shallot, olives, parsley and a good grinding of black pepper.
4. To serve: spoon the remaining teriyaki sauce onto serving plates, top with the fish and garnish with lime wedges and serve with the orange salsa.