

## Mackerel on Toast with a Warm Potato Salad



**Serves 1    Prep 10 mins    Cooking 30 mins    Easy**

### **Ingredients**

2-3 Charlotte potatoes  
2 spring onions, finely sliced  
a small bunch of fresh chives, finely chopped  
1 tbsp lemon juice  
1 tbsp crème fraîche  
sea salt & black pepper  
1/2 crusty roll, toasted  
1 small mackerel, filleted & bones  
olive oil

1. With their skins left on, gently poach the potatoes in salted water until soft. When cool enough to handle, cut into cubes. Mix with the spring onions, chives and lemon juice and bind with the crème fraîche. Season with salt and pepper and spread generously on the toasted roll.
2. Meanwhile, in a hot non-stick pan, sauté the mackerel in olive oil, skin side down, until crisp. Turn over and cook the underside for a few minutes. Remove from the pan and place on to the potato salad. Eat while still warm.