

# Mackerel with Couscous Crunch



**Serves 4**   **Prep 35 mins**

**Cooking 20 mins**

**Easy**

## Ingredients

4 mackerel fillets  
125g couscous  
1 orange, segmented and chopped  
1/2 tsp ground cinnamon  
salt & pepper  
4 tsp vegetable oil  
salad leaves  
small bunch of basil

1. Chop the basil. Put the fillets, skin side down in a lightly oiled ovenproof dish
2. Preheat the oven to 180C/ Fan 160C/ Gas 4. Put the couscous in a basin and cover with water. Leave to soak for 10 mins or follow packet instructions.
3. Stir in the orange, chopped salad leaves and the cinnamon. Season.
4. Spread the couscous mixture over the fillets and drizzle over a little oil.
5. Bake in the middle of the oven for 20 mins. Garnish with the salad leaves.