

# Mackerel with Summer Salsa



**Serves 3    Prep 15 mins    Cooking 5 mins    Easy**

## **Ingredients**

3 mackerel fillets  
1/2 tsp light soy sauce  
1/2 tsp oil  
a squeeze of lime juice  
lime wedges to serve

## **For the salsa**

2 oranges, segmented  
2 spring onions, sliced  
1/2 tsp sesame oil

1. Mix the oil, soy sauce and lime juice and brush over the mackerel. Griddle skin side down, until charred ( around 2 minutes), then turn over and cook for 1 or 2 more minutes until cooked through or cook in the oven on a baking tray for about 15 mins.
2. Mix all the salsa ingredients and serve with the mackerel and some lime wedges.