

Mackerel with Tomato & Avocado Salsa



Serves 2 Prep 15 mins

Cooking 5 -10 mins

Easy

Ingredients

75g fresh breadcrumbs
1 tbsp fresh thyme leaves
1 tbsp chopped fresh parsley
Grated zest and juice of 1/2 lemon
30g butter, melted, plus extra for greasing
4 mackerel fillets
150 tomatoes, deseeded and chopped
1 ripe avocado, chopped
2 tbsp olive oil

1. Mix the breadcrumbs in a bowl with the herbs, lemon zest and butter, and season well. Lay the mackerel skin-side down on a tray and top with the breadcrumbs.
2. In another bowl, mix the rest of the ingredients and season.
3. To cook the fish, preheat your barbecue in the usual way until it reaches the correct temperature. Grill the fish on medium-high for 4-5 minutes until it's cooked and the crust is golden. You may have to adjust the cooking time slightly depending on how hot your barbecue is. For cooking in the oven, preheat the oven to 220C/200C fan/gas mark 7. Cook for about 10 - 15 mins.
4. Serve with the salsa and new potatoes, if you like.