

Polenta-crusted Mackerel & Tomato & Basil Salad



Serves 4

Prep 15 mins

Cooking 5 mins

Easy

Ingredients

25g fresh basil leaves

1 lemon

75ml olive oil

600g cherry or heirloom tomatoes, quartered

2 large eggs

100g fine polenta

8 fresh mackerel fillets

150ml vegetable oil

salt & freshly ground black pepper

1. First make the salad and the dressing: add half the basil and pound with some salt & pepper into a mortar. Halve the lemon and squeeze out the juice from one half. Add to the mixture, then gradually whisk in the olive oil until well combined. Taste for seasoning. Put the tomatoes in a large bowl, pour over the dressing and stir to coat. Set aside.
2. Crack the eggs into a small bowl, add a pinch of salt and whisk lightly. Spread out the polenta on a large plate. Wipe the mackerel fillets dry with kitchen paper and coat first in the egg and then in the polenta, patting the grains into the egg, so they stick.
3. Heat the oil in a large frying pan over a medium to high heat. To test if the oil is ready, add a pinch of polenta to the pan - it will sizzle when the oil is hot enough for frying. Fry the fillets for 1 minute each side or until golden and crisp. Remove with a slotted spoon and drain on kitchen paper.
4. Stir the remaining basil into the salad and cut the remaining lemon half into 4 wedges. Place a large spoonful of the tomato salad on a serving plate and arrange 2 mackerel fillets on top. Serve with the lemon wedges.