

Sweet Soy Mackerel with Lime Slaw & Steamed Rice



Serves 2

**Prep 10 mins
+ 30 mins marinade**

Cooking 25 mins

Easy

Ingredients

1 tbsp soy sauce (preferably dark), + extra to serve

1 tbsp mirin

2 mackerel fillets

120g jasmine rice

1/4 white cabbage, thinly sliced

1 lime juiced

thumb-size piece of ginger, finely grated (optional)

2 tbsp sesame seeds, toasted

1. Mix the soy with the mirin and pour into a container or shallow bowl. Add the mackerel fillets and leave to marinate for 30 mins, turning halfway.
2. Put the jasmine rice into a bowl and top up with cold water. Mix well, then drain and repeat until the water is no longer cloudy when stirred. Drain again and tip into a pan with 240ml of cold water and a pinch of salt. Bring to the boil then turn the heat to low, put on a lid and cook for 10 mins.
3. Toss the cabbage with the lime juice, ginger if using, and some seasoning, then top with the sesame seeds.
4. Heat the grill to high. Drain the mackerel from the marinade, put onto a non-stick baking tray, skin-side up, and grill for 3-4 mins or until the skin is crisp and blistered. Serve with the slaw, rice and extra soy sauce, if you like.