

Mackerel on rye with poached eggs and mustard sauce

Serves 2

Takes 10 minutes



Ingredients

1 large mackerel, filleted

4 slices of rye bread

4 eggs - as fresh as possible, it helps with the poaching.

8 tablespoons fresh yoghurt

2 teaspoons wholegrain mustard

Directions

Mix the yogurt and the mustard together in a small bowl or ramekin, then put on the table, ready to serve.

Fill a large frying pan with water and 2 tablespoons of vinegar, place over a medium heat until the bubbles that form on the bottom of the pan start rising, if it starts to simmer or boil, then turn the heat down. Heat another frying pan over a medium-high heat with a tablespoon of olive oil in it.

Put the mackerel fillets into the oiled pan, skin side down, holding the fillet down onto the pan, so that it doesn't curl up. Then gently break the eggs into the just-bubbling water one by one. It's best to do this as close to the water as possible, so you are almost lowering the egg into the water, then time for four minutes.

At four minutes, turn the mackerel over, and cook for two more minutes. Meanwhile, using a slotted spoon, lift the eggs out of the water and check they're cooked. If cooked, lift them out and put them on a plate to one side.

Lay two slices of rye bread on each plate, then lay a mackerel fillet across them, followed by a couple of poached eggs. Then spoon copious amounts of mustard yoghurt over it all.