

Pan fried mackerel with beetroot and apple salad

Takes 45 minutes, serves 2 and uses a frying pan and saucepan

INGREDIENTS

3 medium raw beetroot, about 300g
1.5 tablespoons red wine vinegar
3 tablespoons olive oil
1 apple
2 large mackerel fillets
50g crushed hazelnuts
A couple of handfuls of lambs lettuce or rocket.

For the yoghurt:

150g yoghurt
1 tablespoon horseradish sauce
1/2 lemon, zest and juice

DIRECTIONS

Peel the beetroot, halve and then thinly slice. Bring a pan of water to the boil, add the beetroot and then simmer for 3 minutes. Drain, then put the beetroot in a bowl and pour over the red wine vinegar and oil, mix it all up, cover and leave to one side to soak.

Mix all of the yoghurt ingredients together.

Core, halve and slice the apple.

Heat a large frying pan over a medium heat for a few minutes. Add a couple of glugs of olive oil to the pan, then add the mackerel fillets, skin side down, one at a time. As you lay each one in the pan, hold it down flat, as it will try to curl up. After about 10-15 seconds you should be able to release it and it will stay flat. Cook for about 3 minutes on the skin side, then turn over and cook for 1-2 minutes on the other side.

To compose each plate, make a layer of beetroot first and spoon a little bit of the beetroot dressing juices over the top. Then add a layer of apple slices. Place the mackerel fillet, skin side up on top. Finally, place a small handful of leaves on top, then scatter the nuts across it all and drip the yoghurt sauce all over the plate. Serve with the remaining yoghurt sauce on the table for people to add when required.

This is a great 'make ahead' dish, leaving just the pan-frying of the mackerel until the last minute. You can prepare all of the items and keep them chilled, ready to serve when you need to. The beetroot can sit in the dressing for a couple of hours and you just need to add one more step, which is to toss the sliced apple in a little bit of lemon juice as this stops it from going brown.

