

The Yellow Sticker fridge was kind to us the other day with two butterflied Mackerel at £1.79 They deserved a decent recipe?..

Ingredients:-

2 Butterflied Mackerel
4 Tbsp of Teriyaki
3 Tbsp of Mayonnaise
¼ Tsp of Wasabi Paste
½ Lemon , Juiced
2 Tbsp of White Rice Vinegar
4 Medium Potatoes, Peeled, boiled and mashed
A dash of Gluten Free Milk
A Knob of Dairy free Margarine
Diced Kale, deep fried to garnish
Sesame Seeds to garnish
Oil to fry

Method:-

(1) Pour the Teriyaki over the Mackerel and turn to evenly coat.
(2) Place in the fridge for at least 20 minutes.
(3) Boil and mashed the Potatoes with the Milk and Margarine.
(4) Mix the Wasabi Paste, Lemon Juice, Vinegar and Mayonnaise.
(5) Heat Oil in a griddle pan over a high heat.
(6) Add the fish to the pan skin side down and fry for 3 to 4 minutes.

(7) Flip the fish over, turning the heat down to medium.
(8) Cook over a medium heat for a further 3 to 4 minutes.
(9) Fry the Kale until crispy.
(10) Serve the Mackerel over a bed to mashed Potatoes.
(11) Spoon of the Wasabi Mayonnaise.
(12) Garnish with the Kale and Sesame Seeds.

This was a really good combination. However if you are making the Wasabi Mayonnaise with real Wasabi paste from a Chinese Supermarket, go steady?.