



Spiced Mackerel with Fennel Slaw



Fennel is one of our favourite vegetables with its fresh aniseed flavour and, in our opinion, so much nicer than cabbage in a slaw. As well as the leaves, the flowers are very edible and release an intense burst of aniseed flavour in the mouth – something to try, if you haven't already.

If you want to make a more substantial meal, simply serve with some boiled new potatoes or some buttered crusty bread.

Ingredients (Serves 4)

- ¼ tsp ground cumin
- ¼ tsp ground coriander
- pinch chilli powder
- 4 fresh mackerel fillets, pin boned
- salt and pepper

For the fennel slaw

- 150g low fat natural yogurt
- 2-3 tsp creamed horseradish sauce
- 1 medium fennel bulb, halved lengthwise and thinly sliced
- 1 Granny Smith apple, cored, halved and thinly sliced
- 1 medium carrot, grated
- a few fennel leaves to garnish
- fennel flowers to garnish (optional)

Method

First prepare the mackerel.

In a bowl, mix together the ground cumin and coriander. Sprinkle the spice mix over the flesh side of the mackerel fillets, and rub in the spices a little. Season lightly with salt and pepper and put on a plate in the refrigerator while you prepare the fennel slaw.

To make the fennel slaw, mix the yogurt and horseradish in a bowl, then add the fennel, apple and carrot and stir to mix making sure that everything is coated well. Leave for 10 minutes to allow the flavours to develop.

Preheat the grill to a medium-high heat.

Place the mackerel fillets skin side up on a lightly oiled baking sheet and grill for 4 minutes. Turn them over and cook for a further 2-3 minutes until the fish is cooked through.

Spoon the fennel slaw on to plates and place on the mackerel fillets. Scatter over a few fennel leaves and add a fennel flower.