



# Pan Fried Mackerel with Mustard & Orange Dressing

A great sharing plate to enjoy with friends

Serves: 6

Prepare: 25 Minutes

Cook: 5 Minutes

Difficulty: easy

## Ingredients

### For The Mackerel

- 6 [wild mackerel fillets](#)
- small bunch of parsley
- 1 fennel
- 10-12 sprouts
- 1 kohlrabi (stem cabbage)
- 1 pear
- 2 oranges

### For The Dressing

- ½ cup olive oil
- 3tbsp [apple cider vinegar](#)
- ½ lemon (juiced)
- ½ orange juice (for zest and juice)
- 1tsp dijon mustard
- 1tsp wholegrain mustard
- ½tsp salt
- ½tsp pepper

## Method

1. First prepare the mackerel. Place the fish on a plate skin side up, drizzle with oil, sprinkle with salt and pepper, add a squeeze of lemon juice, a little orange zest and sprinkle the chopped parsley over. Let it sit and marinate whilst you prepare the salad
2. Thinly slice the fennel then peel the kohlrabi, cut it into rounds then julienne, do the same with the pear
3. Toss it all together then shave the sprouts over it all using a mandoline (thinly slice if you don't have one)
4. Peel and segment the orange (or cut into round) and leave to the side for now
5. Make the dressing by adding all the ingredients to a bowl and whisk, alternatively add to a jar and shake vigorously - taste and add to it as you go
6. Pan fry the mackerel skin-side down by heating some oil in a non-stick pan on a medium heat. Move the fillet so it doesn't stick then flip and sear the flesh side - total cooking time should be approximately 4-5 minutes
7. To serve place the salad on a large shallow plate, cover in dressing and toss, arrange the orange segments/rounds on the surface of the salad. Place the mackerel on a separate plate, allowing people to help themselves