



Liam's Pan-Fried Mackerel with Apple Salad

Liam Sweeney's career has focused on fine dining working in five star hotels in both London and Dublin. He is currently Senior Chef in Hotel Westport.

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Serves 2 (each serving contains approximately 550 kcal)



Ingredients

150g baby new potatoes
2 tablespoons rapeseed oil (30g)
1 teaspoon cider vinegar
1 teaspoon Dijon mustard
1 teaspoon honey
5g fresh chives
1 eating apple
1 ripe tomato
¼ cucumber
180g boneless mackerel fillets

½ teaspoon smoked paprika, plus a little extra to garnish
6 raw tiger or king prawns (thawed if frozen) (70g)
240g tenderstem broccoli
1 small lemon
2 tablespoons natural yoghurt (3% fat – 30g)
salt (optional) and freshly ground black pepper

Method

Place the potatoes in a steamer and cook for 15-20 minutes until tender.

To make the honey mustard dressing. Place four teaspoons of the rapeseed oil into a screw-topped jar with the cider vinegar, mustard and honey. Using a scissors snip the chives and add most to the jar, reserving some to use as a garnish. Season the dressing lightly with salt (optional) and freshly ground black pepper and shake until you have formed an emulsion. Set aside until needed.

Core the apple and cut into dice, then put in a bowl. Remove the seeds from the tomato and dice. Cut the cucumber into quarters and remove the seeds, then dice the flesh. Fold the tomato and cucumber dice into the apple and fold in the dressing. Set aside until needed.

Heat a frying pan over a medium to high heat. Rub the mackerel fillets with the paprika and a little salt (optional). Add the remaining two teaspoons of oil and add the mackerel fillets to the pan, presentation side down. Cook for 2-3 minutes, then turn over. Add the prawns and sauté for another 2-3 minutes until the mackerel and prawns are cooked through and tender. Test the mackerel with the tip of a sharp knife it should flake easily. Meanwhile, add the broccoli to the potatoes for the last 3-4 minutes and cook until just tender.

Cut two wedges from the lemon and set aside for garnish, then cut the rest in half and squeeze a little over the cooked mackerel and prawns.

Add another small squeeze of the lemon juice to the yoghurt and stir to combine.

Arrange the mackerel and prawns on plates with the broccoli and some of the apple salad. Garnish the plate with dollops of the lemon yoghurt and garnish with the reserved chives, lemon wedges and a light sprinkling of the paprika.