



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?.