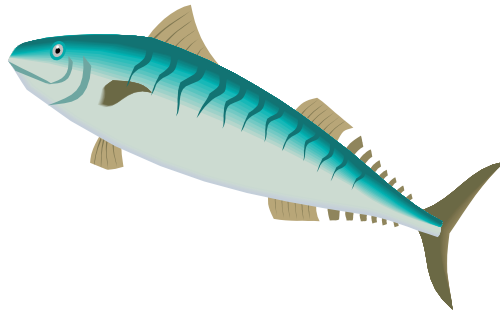


Pan-fried Mackerel in Lemon Oatmeal

Serves 2

Ingredients

- 100g oatmeal
- 2 unwaxed lemons, 1 zested
- 50g flour
- 1 egg, beaten
- 4 frozen mackerel fillets
- 2 tbsp olive oil



Method

- Place the oatmeal on a plate with the lemon zest and a little seasoning. Combine lightly. place the flour on another plate and the egg in a shallow bowl
- Pat the fillets dry using kitchen paper. Dip each fillet first into the flour to lightly coat each side, then briefly into the egg. Finally, press into the oatmeal to coat fully on each side
- Heat the oil in a shallow frying pan, then gently fry the fillets for 4-5 minutes on each side until the coating is golden and the flesh is opaque
- Serve the mackerel with the remaining lemon cut into wedges and a fresh salad of watercress and chicory

Nutrition per 100g

Energy 257kcal; Protein 15.2g; Carbohydrate 12.9g; of which sugars 0.3g; Fat 16.0g; of which saturates 2.9g; Fibre 1.1g; Sodium 0.1g; Salt 0.25g.

Cook's Tips

Instead of using frozen fillets, use 2 fresh fillets from a fish counter, where you can have the fillets prepared.