Serves 4

Stuffed mackerel, with broccoli and basil

by Tom Kerridge

Ingredients

8 x medium super fresh mackerel filleted, and pin bones removed
100g cooked couscous
4 spears tender stem broccoli chopped super fine
3 cloves of garlic, grated
10 basil leaves chopped
2 tbsp horseradish
3 tbsp nibbed almonds toasted
3 tbsp olive oil

Apple and chive dressing

80ml extra virgin olive oil
20ml apple cider vinegar
2 granny smith apples peeled, cored and diced
4 sprigs flat leaf parsley

1 To make the mackerel filling mix the couscous, chopped broccoli, garlic, basil, horseradish, almonds, and oil in a bowl and mix well.

2 Lay four mackerel fillets on a chopping board, then divide the filling between the fillets.

3 Lay the remaining four fillets on top to form a lid.

4 With butcher’s twine secure the fillets together by tying four or five loops along the fish.

5 Pop in the fridge for an hour to firm up.

6 When ready to cook heat a non-stick pan on the stove, then add a small splash of olive oil.

7 Carefully lay the fish parcels in and cook for 2 minutes each side until golden and crispy.

8 Remove from the pan, place on serving plates, and snip away the string holding it in place.

9 In a small saucepan, mix the olive oil, vinegar and parsley over a low heat, then add the apples and a little seasoning.

10 Once the dressing is warmed through, spoon over the fish and serve.

To watch a cooking demonstration of this recipe from Tom Kerridge visit bupa.co.uk/inside-health/heart-health