

# MACKEREL FILET WITH SWEET & SOUR VEGETABLES



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**SERVES: 4**

## INGREDIENTS

2 Large Mackerels (1 - 1.2 kg) Ask for filets from the Apolónia fish counter •  
1 Yellow Pepper • 1 Red Pepper • 100g Red Onion • 2 Red Chilli Peppers •  
50g Ginger • 100g Tomatoes • 150g Endives • 100g Courgettes •  
20g Brown Sugar • 50g Lettuce Sprouts • 30ml Balsamic •  
Vinegar • 10g NOMU Fish and Shellfish Spice Blend

## METHOD

Season the mackerel filets with the NOMU spice blend, a dash of olive oil and some sea salt • Cut all the vegetables into small strips • Cut each endive leaved down the middle, remove the insides of the tomatoes and deseed the chilli peppers • Place the filets, rolled with the skin facing outwards, onto a baking tray greased with olive oil and bake in a hot oven for 4-5 minutes • To maintain the cylindrical form you can also choose to tie each one or use small metal rings • Heat a non-stick frying pan with olive oil and sauté the vegetables over a hot flame so as they cook quickly, while still retaining all their flavour and texture • Season with salt and freshly ground pepper • Add the sugar in the final phases and sprinkle with the balsamic vinegar, before placing on the plates • Place a mackerel filet on each plate and finish with an assortment of sprouts and green leaves seasoned with olive oil and a few drops of lemon juice