

## **Blow Torched Fresh Mackerel Fillets with Panzenella**

Serves 4 people as a main course

### **Ingredients**

8 fresh mackerel fillets - Pin boned  
3 red peppers  
5 vine tomatoes  
2 red onions  
2 table spoons capers  
50g green basil  
20g white anchovies (optional)  
200 mls Rapeseed oil  
dash of balsamic vinegar  
300g french stick loaf or sough dough

### **Method**

Deseed and roughly chop the peppers up and add them into a tray.

Peel & slice the red onions, cut the tomatoes into 1/4s and then into smaller pieces and add to the tray with the peppers.

Drizzle with rapeseed oil and grill for 5 minutes.

Add the rest of the rapeseed oil, balsamic, anchovies, capers and tear the basil & add that too.

Break the bread into medium sized chunks and give it all a good mix, check the seasoning and let them flavours get to know each other for 20-45 minutes.

While this is happening, place the mackerel fillets skin side up on a baking tray and drizzle with oil. you can the light the blow torch and char the skin of your mackerel for two- three minutes (if you don't have a blow torch the grill works fine), then place in the oven for 5 minutes to finish cooking the underneath of the flesh.

To serve, divide the Panzenella between 4 bowls and place 2 of the mackerel fillets across the top and enjoy warm.