

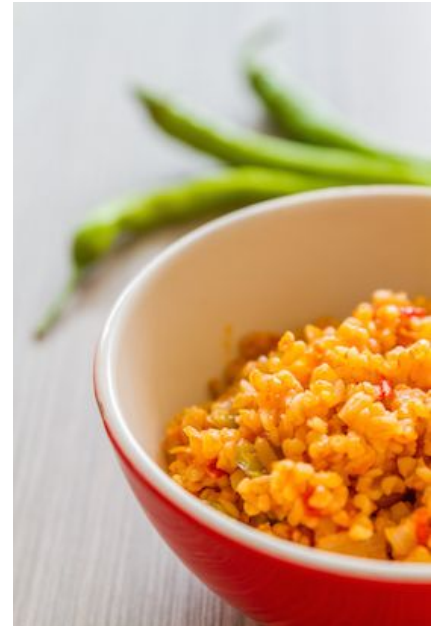


Spicy mackerel with bulgur wheat

Bulgur wheat makes a fantastic weight friendly substitute for rice or potatoes. Why not make extra bulgur wheat salad to have with lunch the next day with a slice of ham or turkey?

Ingredients

- 100g bulgur wheat
- 2 x 100g mackerel fillets, skin on
- 1 tsp Belazu Rose Harissa paste
- 1 red pepper, chopped
- 1 orange pepper, chopped
- 5cm piece cucumber, diced
- 150g cherry tomatoes, halved
- Small handful flat-leafed parsley, chopped
- 25g dried apricots, chopped
- 15g pine nuts, toasted
- 1 TBS extra virgin olive oil
- Zest and juice of 1/2 lemon, plus lemon wedges to serve
- 2-3 TBS natural yogurt (optional)
- Salt and pepper



Serves 2

Method



1. Put the bulgur wheat into a pan with 250ml boiling water. Cover, bring to the boil, then turn the heat down low and simmer for 10 minutes until all the water is absorbed and the bulgur is just tender
2. About 5 minutes before the bulgur is done, preheat the grill to medium
3. Score the mackerel skin and brush harissa on both sides of each fillet. Grill for 2 minutes on each side
4. Tip the bulgur into a bowl and stir in the peppers, cucumber, tomatoes, parsley, apricots, pine nuts, oil, lemon zest and lemon juice. Season
5. Divide the salad between 2 plates, top with the mackerel and drizzle with yogurt if you like. Serve with lemon wedges

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