

Grilled mackerel with garlic bean puree and Welsh Laverbread^Δ yoghurt



Serve the mackerel with lightly steamed samphire or seasonal green vegetables.

Serves 2 | Prep 20 minutes | Cook 30-40 minutes

Ingredients

2 x fresh mackerel fillets
1 bulb of garlic
1 x 400g tin of butterbeans
Halen Môn Sea Salt^Δ and pepper
3 tbsp natural yoghurt
1 tbsp Welsh Laverbread
1 lemon
2 tbsp olive oil

Method

- 01** Preheat oven to 180°C/Gas 4.
- 02** Chop the top off the whole bulb of garlic, then place in the middle of a square piece of foil, scrunch up the top and cook in the oven for 30 minutes. Take out and carefully squeeze the cooked, gooey cloves of garlic out of their skins and into a food processor.
- 03** Drain the butterbeans and add to the food processor with 1½ tbsp of olive oil and blend until smooth. Stir in the juice of half a lemon, then taste and add salt if necessary.
- 04** Put the yoghurt in a small bowl, add the zest and juice of half a lemon and the laverbread – mix well. Put to one side until ready to plate up.
- 05** Heat the grill to medium-high. Brush the mackerel fillets with a little olive oil and season with salt and pepper, then grill for 2 – 3 minutes on each side, or until just cooked through.
- 06** While the mackerel is cooking, warm the butterbean puree in a pan over a low heat - be careful not to let it catch on the bottom of the pan. If it's too thick, add a little extra lemon juice.
- 07** When the mackerel is cooked, spoon the butterbean puree onto a plate and sit the mackerel fillet on top. Serve with the laverbread yoghurt.

