



Blackened mackerel with  
red quinoa, roast broccoli,  
sweet potato & edamame

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Serves 4

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## INGREDIENTS:

1/2 avocado	4 fresh mackerel fillets
2 tsp honey	(defrost in the fridge
2 lemons	overnight if using frozen)
1 head of broccoli	50g edamame beans
1 large sweet potato	100g red quinoa
50g sun blush tomatoes	1/2 bunch of flat leaf
100g spinach	parsley
1 pomegranate	50ml rapeseed oil

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## METHOD:

1. Start by making your dressing. In a blender put the avocado, honey and juice from one of the lemons. Blitz until smooth before gradually adding the oil until emulsified. Season to taste.
2. Bring a pan of water to the boil before adding the quinoa and cooking for 9 minutes. Drain and allow to steam dry.
3. Preheat the oven to as hot as it will go (anything between 220°C and 240°C is ideal). Cut the broccoli down into florets. Dice the sweet potato into 2cm pieces. Dress both with 2 tsp oil. Roast in the oven until they are beginning to blacken (around 10 mins).
4. Halve the pomegranate and tap with a wooden spoon to remove the seeds. Roughly pick the parsley. Combine all of the salad ingredients in a bowl and lightly dress with the avocado dressing.
5. Lightly score the skin on your mackerel fillets, and season. Place under a hot grill until the skin is beginning to blacken and the fish is cooked through.
6. Finish with the juice from the remaining lemon.
7. Serve a portion of the salad topped with the grilled mackerel.