

# MACKEREL WITH RHUBARB

Serves 2

Make the most of beautiful rhubarb (you can buy it at the veg van in the Square) while it is in season – it contains plenty of fibre, so may help to reduce cholesterol; it is a good source of vitamin K, which is important for blood clotting and bone health; and it also contains some calcium and vitamin C, so is very good for our general health.

However, do not eat the leaves, as these contain oxalic acid, which is poisonous.

4-6 stalks of rhubarb, trimmed and washed  
1 orange  
Couple of pinches of sugar  
4 skin-on mackerel fillets, bones removed  
Olive oil



## Method:

Preheat the oven to 200 degrees (180 degrees fan oven).

Slice the rhubarb into 5cm lengths and place in a roasting tin. Zest the orange and sprinkle this over the rhubarb, along with the juice of half the orange and a couple of pinches of sugar. Roast for 7-10 minutes until the rhubarb is soft but holding its shape. Remove the tin from the oven.

Make a few slashes on the mackerel fillet skins and place them, skin side up, on top of the rhubarb. Put the tin under a high grill for about 5 minutes until the mackerel is cooked. Serve the mackerel on top of the rhubarb and pour over any juices left in the tin. A few sprigs of watercress are very good with this dish, or a green salad.

*Did you know: Most rhubarb at this time of year comes from a 9 square mile area of West Yorkshire which has now become known as The Rhubarb Triangle - the three corners of the triangle roughly equate to Leeds, Bradford and Wakefield. Here rhubarb is grown in special darkened sheds by a process known as "Forcing".*

