

Less than 30 minutes

Serves 4

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Ingredients:

- 1 grapefruit
- 1 lime
- 2 oranges
- ½ cup (125ml) pomegranate rubies
- ½ red onion, finely sliced
- Pinch sugar
- Handful of each coriander and dill, chopped
- 1 Tbsp (15ml) olive oil
- 1 Tbsp (15ml) butter
- 8 (750g) mackerel fillets
- Salt and milled pepper

Method

1. Peel and cut grapefruit, lime and 1 orange into segments.
2. Grate the peel of the remaining orange and juice it.
3. Mix citrus segments with orange zest and juice, pomegranate rubies, onion and sugar to make a salsa.
4. Add coriander and dill and set aside.
5. Heat oil and butter in a non-stick pan over high heat.
6. Fry fish skin-side down for 3-4 minutes, until fish easily comes loose. (If you flip fish too soon, skin and flesh will tear, so avoid the temptation of moving fish with spatula while frying, rather give the pan a shake to see if it has loosened.)
7. Flip and fry for another 1 minute.
8. Season and serve salsa spooned on top of fish.

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