



## Mackerel with Tomato Salad

[Eating with the Ecosystem](#) from their cookbook, [Simmering the Sea](#).

### Ingredients

#### Salad

- 1 pint cherry tomatoes, sliced in half lengthwise
- 1 small red onion, thinly sliced
- ½ cup pitted olives, preferably Kalamata
- 3 tablespoons cilantro, finely chopped
- 1 lemon, juiced
- 2 tablespoons extra-virgin olive oil

#### Fish

- 4 mackerel fillets, skin on
- Kosher salt to taste
- 2 tablespoons extra-virgin olive oil

### Directions

#### Salad

1. Mix all ingredients together and let marinate in the refrigerator for about 30 minutes.

#### Fish

1. Season fish with salt. Add oil to a skillet or sauté pan over medium heat.
2. Place fish skin-side down in pan and press down so fish remains flat and achieves a crispy skin. Cook for 3 to 4 minutes and flip.
3. Cook for an additional 1 to 2 minutes.
4. Serve over salad.

#### Notes

- You can also prepare this dish with herring, sardines, smelt, or other small fish.

Find this recipe & more in the [August 2020](#) Newsletter