



# NASTURTIUM & MACKEREL

*Tartare 'Tacos'*





SERVES 4 AS CANAPÉS

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*Nasturtium Leaves*

## Ingredients

- **2** mackerel fillets, skinless, boneless
- **50g** rock salt
- **125g** crème fraîche
- **1** shallot, chopped finely
- **20g** Westlands Bronze Fennel, chopped
- **8** Westlands Nasturtium Stalks, chopped (picked off the leaves)
- **1** lemon, zest + **10ml** juice
- **8** Westlands XL Nasturtium Leaves

## Method

Cover the flesh side of the mackerel fillets in the rock salt and cure for 5-6 minutes depending on their thickness. Wash the salt from the mackerel fillets with cold water and pat dry.

Place the mackerel on a tray lined with a silicone mat or baking parchment and put into the freezer for 30 minutes. Remove the fillets from the freezer and slice lengthways, then dice into small pieces.

Place in a bowl and set aside for later.

In a separate bowl add the crème fraîche, shallot, Westlands Bronze Fennel, Westlands Nasturtium Stalks, lemon juice and lemon zest. Mix together then carefully fold in the chopped mackerel. Season with salt to taste.

To assemble the 'tacos';

Place the XL Nasturtium Leaf with the underside facing towards you and add a teaspoon of the mackerel mixture in the centre, slightly off to the right (more or less depending on the size of the leaf). Fold the left side of the leaf over to the right until the edges meet. Add pressure and push slightly to allow the sides to stick together so it looks like a 'taco'.

Eat with your fingers!



*Bronze Fennel*

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