

**BASIL AND LEMON CHICKPEAS WITH MACKEREL**



**Serves 4**

**Ready in 25 minutes**

**Ingredients**

3 tbsp Olive oil  
1 bunch spring onions, sliced  
1 large clove garlic crushed  
Zest of 1 lemon and a squeeze of juice  
2 400gms of chickpeas, drained and rinsed  
150 ml of vegetable stock  
85gms sun-blushed tomatoes  
4 mackerel fillets with skin on  
1 large bunch basil

**Method**

Heat 2 tbsp oil in a large pan. Add the spring onions, garlic and lemon zest, then cook for 2 minutes until the onions are tender but still very green. Add the chickpeas, stir until well coated in the onion mixture. Lightly crush with a potato masher add the stock and tomatoes. Simmer for 3 - 4 minutes or until the liquid is absorbed, set aside and cool slightly.

Heat the remaining oil in a large non stick frying pan over a medium heat. Season the mackerel on both sides and fry for 3 minutes each side, start skin side down. Cook in two batches so you don't break the fillets.

Add the basil and a squeeze of lemon juice to the chickpeas, then season to taste.

To serve, spoon the warm chickpeas onto serving plates, drizzle with a little extra olive oil and top with the mackerel fillets.