RAW ASPARAGUS, OVEN-SEARED MACKEREL, YELLOW TOMATO AND HERB SALAD WITH FRESH LEMONGRASS

Categoria: Side dishes **Tempo di preparazione:** 20 minutes **Difficoltà:** facile

Ingredienti per 4

- 350 g clean asparagus (500 g in total)
- 400 g cleaned mackerel
- 200 g yellow cherry tomatoes with a few black ones
- 1 bunch of herbs (basil, mint, parsley), finely chopped
- a few leaves of lemongrass
- extra virgin olive oil, as needed
- salt, to taste
- white wine vinegar, as needed
- pepper, to taste

The crispness of raw asparagus is perfect with the seared mackerel – a winning combination for the palate!

Difficulty: **easy**
Cost**: medium**
Preparation time**: 20 minutes**
Serves: **4**

Method

Cut the asparagus julienne, dress with extra virgin olive oil, salt and pepper.

Brush the mackerel with vinegar and extra virgin olive oil, sprinkle with the chopped herbs, and bake in a preheated oven at 180°C for 5 minutes. In the meantime, wash the tomatoes and slice them.

Take out of the oven and place the fish and the tomatoes carefully on the asparagus. Garnish with a few leaves of lemongrass. Enjoy!