BBQed mackerel with charred hispi cabbage, garlic sesame sauce, crispy dukkah and lemon verbena

**BBQed mackerel**

2 whole mackerel

2 tbsp rapeseed oil

Pinch of Maldon salt

Pinch of black pepper

**Charred hispi cabbage**

1 large hispi sweetheart cabbage

2 tbsp rapeseed oil

Pinch of Maldon salt

Pinch of ground pepper

**Garlic sesame sauce**

40g tahini paste

2 garlic cloves, minced

2 tbsp fresh lemon juice

50g natural yogurt

Maldon salt

Black pepper

**Crispy dukkah**

50g sesame seeds

50g sunflower seeds

50g pine nuts

2 tbsp coriander seeds

1 tbsp cumin seeds

1 tbsp black pepper

**Garnish**

Sprigs of lemon verbena

Watercress

**Method**

* **CHARRED HISPI CABBAGE:** Remove the outer leaves of the hispi cabbage. Cut them into quarters but keep the core intact so the leaves stay together.
* Marinate the cabbage with olive oil and massage it into the leaves. Sprinkle salt and pepper over the leaves; put them on a hot griddle pan and cook on each side for 6-8 minutes until they’re blackened and charred with a nice dark brown crust.
* **MACKEREL**: Butterfly a whole mackerel. Rub it with oil, salt and pepper, then fry skin side down for 3-4 minutes until the skin is crispy. Turn and cook for 1-2 minutes, then take off the heat.
* **GARLIC SESAME SAUCE:** In small bowl, combine the tahini, garlic, lemon juice and natural yoghurt, whisking until the sauce is like thick cream or runny yoghurt. Season to taste with salt and pepper.
* **DUKKAH**: Toast all ingredients in a pan, then put into a pestle and mortar and grind roughly.
* **PLATE UP**: Put a large spoonful of garlic sesame sauce onto the plate. Add the hispi cabbage and mackerel. Finish off with more sauce and a sprinkle of dukkah, then top with some nice lemon verbena.