



Lemony Orzo with Mackerel, Capers & Parsley

Upgrade your standard tuna-and-pasta dish by combining al dente orzo (a kind of pasta that looks oddly like rice) with the rich flavour of mackerel and the zing of lemon, chilli, capers and parsley.

Serves: 2

Prepare: 10 Minutes

Cook: 15 Minutes

Difficulty: easy

Ingredients

- 120g can of [mackerel fillets](#), drained
- 150g dried orzo
- ½ small red chilli, deseeded and finely chopped
- 2 tsp of capers
- 10 baby plum tomatoes, halved
- 1 clove garlic, grated
- a handful of fresh parsley
- zest and juice of a small lemon
- grated parmesan to serve
- olive or rapeseed oil
- salt and pepper to season

Method

1. Cook the orzo for about 8 minutes, or a minute less than the pack instruction. Test to make sure it's just al dente, then drain, reserving a cup of the cooking water
2. Heat a good glug of oil in a shallow pan and sizzle off the garlic and chilli. This will only take a moment so be careful not to burn the garlic. Over a gentle heat, throw the orzo into the pan, stirring the garlic and chilli through. Add a splash of the reserved cooking water to stop the pasta getting too sticky
3. Mix in the tomatoes and capers then flake over the mackerel fillets, stirring everything gently and letting all the ingredients warm through
4. Remove from the heat, stir through the lemon zest and juice and the parsley. Add a sprinkling of seasoning then divide into two bowls and served with plenty of grated parmesan