

**Recipe for:** Mackerel with Herb Salad

**Ingredients:**

1 cup cold water  
3 ½ tsp. sea salt, divided  
4 (6-ounce) mackerel fillets  
2 cups fresh flat-leaf parsley leaved  
1 cup thinly sliced Vidalia or other sweet onion  
1 tsp. grated orange rind  
1 cup orange sections (about 2 medium)  
¾ cup fresh tarragon leaves  
2/3 cup walnuts, toasted and coarsely chopped  
2 Tbsp. extra-virgin olive oil  
1 Tbsp. balsamic vinegar  
½ tsp. grated garlic

**Preparation:**

Preheat grill to medium-high heat.

Combine 1 cup water, 1 Tbsp. salt in a shallow dish. Add fillets; let stand for 15 minutes. Remove fillets; pat dry. Discard brine. Place fillets, skin side down, on a grill rack. Grill 10 minutes or until desired degree of doneness. (Do not turn fillets). Keep warm.

Combine parsley leaves, onion slices, orange rind, orange sections, and tarragon in a bowl. Sprinkle herb mixture with ¼ tsp. salt; toss. Combine walnuts and remaining ingredients, stirring with a whisk until blended. Stir in remaining ¼ tsp. of salt. Place 1 fillet on each of 4 plates; top each serving with 1 cup of herb mixture. Drizzle 2 Tbsp. walnut mixture over each serving.