



Coastal Grilled Mackerel Recipe



2 Servings



25 minutes

Ingredients :

- Fresh mackerel fillets
- Olive oil
- Lemon juice
- Garlic cloves , minced
- Salt
- Black pepper
- Paprika
- Fresh herbs like parsley or coriander



Instructions :

1. Rinse the mackerel fillets and pat them dry with a kitchen towel .
2. In a small bowl , mix olive oil , lemon juice , garlic , salt , black pepper , and paprika .
3. Brush the mixture evenly over both sides of the mackerel fillets .
4. Preheat the grill to medium heat and lightly oil the grill surface .
5. Place the mackerel fillets skin -side down on the grill .
6. Grill for 4 to 5 minutes on each side until the fish is cooked through and lightly charred .
7. Remove the fish from the grill and let it rest for 5 minutes .
8. Garnish with fresh herbs and serve warm .