



Classic Pan-Fried Mackerel with Lemon



2 Servings



17 minutes

Ingredients :

- 2 fresh mackerel fillets
- 1 tablespoon cooking oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 fresh lemon , sliced



Instructions :

1. Pat the mackerel fillets dry using a clean kitchen towel to remove extra moisture .
2. Season both sides of the fillets evenly with salt and black pepper .
3. Heat the cooking oil in a pan over medium heat until hot but not smoking .
4. Place the mackerel fillets skin -side down in the pan and cook for 4 to 5 minutes until the skin turns golden and crisp .
5. Gently flip the fillets and cook for another 2 to 3 minutes until fully cooked .
6. Remove the fish from the pan and let it rest for 2 minutes .
7. Squeeze fresh lemon over the mackerel just before serving for a bright , fresh finish .