



Crispy Mackerel



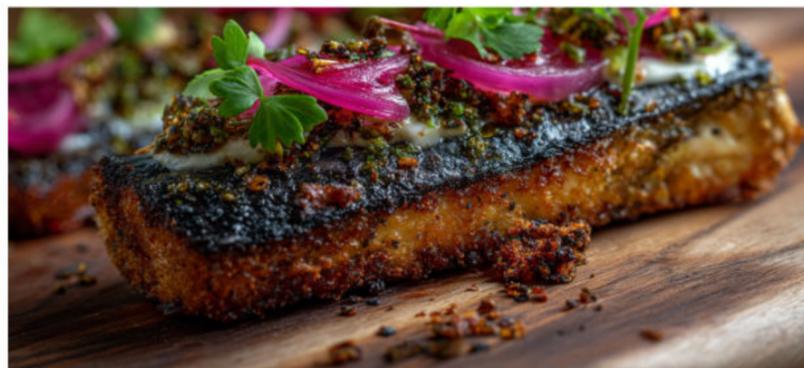
2 Servings



25 minutes

Ingredients :

- 2 fresh mackerel fillets
- 1 tablespoon cooking oil
- 1 teaspoon salt
- 1 half teaspoon black pepper
- 1 half teaspoon garlic powder
- 1 tablespoon lemon juice



Instructions :

1. Rinse the mackerel fillets and pat them dry using a clean kitchen towel .
2. Sprinkle salt , black pepper , and garlic powder evenly on both sides of the fish .
3. Heat the oil in a pan over medium heat until hot .
4. Place the mackerel fillets skin -side down in the pan .
5. Cook for 4 to 5 minutes until the skin becomes crispy and golden .
6. Flip the fillets carefully and cook for another 3 to 4 minutes .
7. Remove from heat and drizzle lemon juice on top .
8. Let the fish rest for 5 minutes before serving for best flavor .