



F o i l - B a k e d M a c k e r e l w i t h H e r b s



2 Servings



27 minutes

Ingredients :

- 2 whole mackerel , cleaned and gutted
- 2 tablespoons olive oil
- 2 cloves garlic , minced
- 1 tablespoon fresh parsley , chopped
- 1 tablespoon fresh dill , chopped
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- Salt to taste
- Black pepper to taste



Instructions :

1. Preheat the oven to 375°F and prepare two large sheets of aluminum foil .
2. Place one mackerel in the center of each foil sheet .
3. Drizzle olive oil over the fish and rub it evenly on both sides .
4. Sprinkle garlic , parsley , dill , lemon zest , salt , and black pepper over the mackerel .
5. Pour lemon juice evenly over the fish .
6. Fold the foil tightly around the mackerel to seal in the juices .
7. Place the foil packets on a baking tray and bake for 15 minutes .
8. Carefully open the foil and bake for another 5 minutes if you prefer lightly browned fish .
9. Remove from the oven and let the mackerel rest for 2 minutes before serving .