



Garlic Butter Mackerel Fillets



2 Servings



17 minutes

Ingredients :

- 2 fresh mackerel fillets
- 2 tablespoons butter
- 3 garlic cloves, finely chopped
- 1 tablespoon lemon juice
- Salt to taste
- Black pepper to taste
- 1 tablespoon cooking oil
- Fresh parsley for garnish



Instructions :

1. Pat the mackerel fillets dry and season both sides with salt and black pepper .
2. Heat the cooking oil in a pan over medium heat .
3. Place the mackerel fillets skin -side down and cook for 3 to 4 minutes until the skin turns crisp .
4. Flip the fillets and cook for another 2 minutes .
5. Lower the heat and add butter and chopped garlic to the pan .
6. Spoon the melted garlic butter over the fillets while cooking for 1 to 2 minutes .
7. Drizzle lemon juice over the fish and turn off the heat .
8. Let the fillets rest for 2 minutes before serving .
9. Garnish with fresh parsley and serve warm .