



Honey Mustard Baked Mackerel



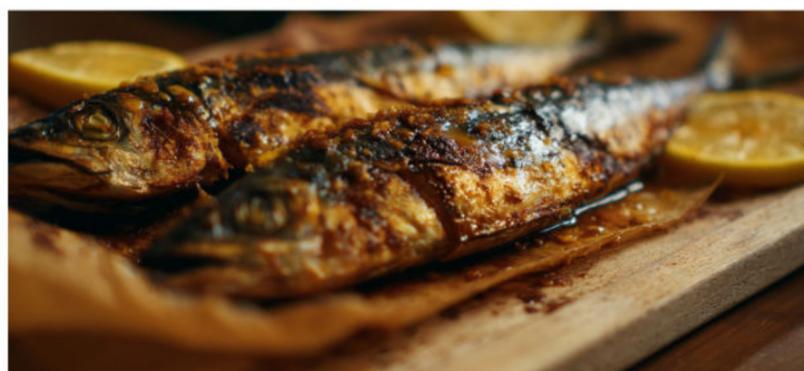
2 Servings



30 minutes

Ingredients :

- Fresh mackerel fillets
- Honey
- Dijon mustard
- Olive oil
- Lemon juice
- Garlic cloves
- Salt
- Black pepper



Instructions :

1. Preheat the oven to 375°F and lightly grease a baking dish with olive oil.
2. Place the mackerel fillets in the dish with the skin side down .
3. In a small bowl , mix honey , Dijon mustard , olive oil , lemon juice , and minced garlic until smooth .
4. Pour the honey mustard sauce evenly over the mackerel fillets .
5. Season with salt and black pepper according to taste .
6. Bake the mackerel for 18 to 20 minutes until the fish is cooked through and flakes easily .
7. Remove from the oven and let the mackerel rest for 5 minutes before serving .