



# Korean Spicy Braised Mackerel



2 Servings



35 minutes

## Ingredients :

- 2 fresh mackerel fillets
- 1 small onion , sliced
- 2 cloves garlic , minced
- 1 tablespoon fresh ginger , grated
- 2 tablespoons Korean chili paste (gochujang )
- 1 tablespoon Korean chili flakes (gochugaru )
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon sugar
- 1 cup water
- 1 green onion , chopped



## Instructions :

1. Rinse the mackerel fillets gently and pat them dry to reduce strong odor .
2. Place the sliced onion in a wide pan and lay the mackerel fillets on top .
3. In a bowl , mix garlic , ginger , chili paste , chili flakes , soy sauce , sesame oil , sugar , and water until well combined .
4. Pour the sauce evenly over the fish and onions .
5. Bring the pan to a gentle boil over medium heat .
6. Lower the heat , cover , and let it simmer for 20 minutes until the fish is tender and the sauce thickens .
7. Spoon the sauce over the mackerel once or twice during cooking for better flavor .
8. Turn off the heat and let the dish rest for 5 minutes .
9. Garnish with chopped green onion before serving .