



Mackerel Fish Recipe



2 Servings



25 minutes

Ingredients :

- Fresh mackerel fillets
- Olive oil
- Garlic cloves
- Lemon juice
- Salt
- Black pepper
- Fresh parsley



Instructions :

1. Pat the mackerel fillets dry and season both sides with salt and black pepper .
2. Heat olive oil in a pan over medium heat and add the garlic cloves .
3. Place the mackerel fillets skin -side down and cook until the skin turns crisp .
4. Flip the fillets gently and cook until the fish is tender and flakes easily .
5. Drizzle lemon juice over the cooked fish and remove from heat .
6. Let the mackerel rest for a few minutes before serving .
7. Garnish with fresh parsley and serve warm .