



Quick Soy - Glazed Mackerel



2 Servings



20 minutes

Ingredients :

- 2 fresh mackerel fillets
- 2 tablespoons soy sauce
- 1 tablespoon honey or brown sugar
- 1 tablespoon cooking oil
- 1 teaspoon grated ginger
- 1 clove garlic , minced
- 1 teaspoon lemon juice
- Black pepper to taste



Instructions :

1. Pat the mackerel fillets dry with a paper towel and lightly season with black pepper .
2. In a small bowl , mix soy sauce , honey , ginger , garlic , and lemon juice until well combined .
3. Heat oil in a pan over medium heat and place the mackerel fillets skin -side down .
4. Cook for about 3 to 4 minutes until the skin becomes crisp .
5. Flip the fillets gently and pour the soy glaze into the pan .
6. Let the fish cook for another 2 to 3 minutes while spooning the glaze over the fillets .
7. Remove from heat and allow the mackerel to rest for 5 minutes before serving .