



Simple Baked Mackerel with Vegetables



2 Servings



30 minutes

Ingredients :

- 2 fresh mackerel fillets
- 1 cup sliced bell peppers
- 1 cup sliced zucchini
- 1 small onion sliced
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt to taste
- Black pepper to taste
- 1 lemon sliced



Instructions :

1. Preheat the oven to 400 °F (200 °C).
2. Place the mackerel fillets on a baking tray lined with parchment paper .
3. Spread the sliced vegetables evenly around the fish .
4. Drizzle olive oil over the fish and vegetables .
5. Sprinkle garlic powder , paprika , salt , and black pepper evenly .
6. Place lemon slices on top of the mackerel fillets .
7. Bake for 20 to 25 minutes until the fish flakes easily with a fork .
8. Remove from the oven and let it rest for 5 minutes before serving .