



Spicy Mackerel Fillets



2 Servings



25 minutes

Ingredients :

- Fresh mackerel fillets
- Cooking oil
- Garlic
- Red chili powder
- Paprika
- Turmeric powder
- Salt
- Black pepper
- Lemon juice
- Fresh herbs



Instructions :

1. Rinse the mackerel fillets gently and pat them dry using a clean cloth .
2. In a bowl , mix garlic , red chili powder , paprika , turmeric , salt , and black pepper to form a spice blend .
3. Rub the spice mixture evenly over both sides of the mackerel fillets .
4. Let the seasoned fillets rest for 5 minutes to absorb the flavors .
5. Heat cooking oil in a pan over medium heat .
6. Place the mackerel fillets in the pan and cook for 3 to 4 minutes on each side until fully cooked and lightly crispy .
7. Drizzle lemon juice over the fillets and remove from heat .
8. Garnish with fresh herbs and serve hot .