



# Thai - Style Mackerel with Chili and Lime



2 Servings



20 minutes

## Ingredients :

- Fresh mackerel fillets
- Fresh lime juice
- Red chili , finely chopped
- Garlic cloves , minced
- Fish sauce
- Sugar
- Vegetable oil
- Fresh cilantro leaves



## Instructions :

1. Rinse the mackerel fillets and pat them dry with a paper towel .
2. In a small bowl , mix lime juice , fish sauce , sugar , chopped chili , and minced garlic until well combined .
3. Heat vegetable oil in a pan over medium heat .
4. Place the mackerel fillets in the pan and cook for 3 to 4 minutes on each side until golden and cooked through .
5. Pour the prepared chili -lime sauce over the fish and let it simmer for 1 to 2 minutes .
6. Remove from heat and allow the fish to rest for 5 minutes so the flavors settle .
7. Garnish with fresh cilantro and serve warm with rice or vegetables .