

Grilled Mackerel with Herbs

This recipe is quick and easy, perfect for any weeknight dinner. Grilled mackerel is subtly flavored with herbs, for a delicious, balanced flavor.



Main Dish

10 min

Total time

Easy

Difficulty

140

kcal / serving

Ingredients

- 1 mackerel fillet
- 1 tablespoon olive oil
- 1 teaspoon each of minced rosemary, thyme, oregano and garlic
- Salt and pepper to taste

Steps

- 1 Preheat grill.
- 2 Place mackerel fillet in shallow bowl and coat with olive oil.
- 3 Sprinkle herbs, garlic, salt and pepper over the fillet and rub to spread evenly.
- 4 Place fillet on preheated grill and cook 3-5 minutes each side, or until just cooked through.
- 5 Serve and enjoy!