

Grilled Mackerel with Lemon Herb Butter

Enjoy a flavorful and healthy dish with this grilled mackerel seasoned with a zesty lemon herb butter. Perfect for a light and satisfying meal.



Main Dish

15 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 mackerel fillet
- 1 tablespoon butter, softened
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon lemon zest
- Salt and pepper to taste
- Lemon slices for garnish

Steps

- 1 Preheat the grill to medium-high heat.
- 2 In a small bowl, mix together the softened butter, chopped parsley, lemon zest, salt, and pepper.
- 3 Place the mackerel fillet on a piece of aluminum foil and spread the herb butter mixture on top.
- 4 Wrap the foil around the fish to create a packet.
- 5 Grill the mackerel packet for about 8-10 minutes, or until the fish is cooked through.
- 6 Serve the grilled mackerel with lemon slices on the side.