

Miso-Glazed Grilled Mackerel

A savory and umami-rich dish featuring grilled mackerel fillets with a delicious miso glaze. Perfect for seafood lovers!



Main Dish

20 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 1 fresh mackerel fillet
- 2 tablespoons miso paste
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 clove garlic, minced
- 1 teaspoon grated ginger
- Sesame seeds and chopped green onions for garnish

Steps

- 1 In a small bowl, mix together miso paste, soy sauce, honey, garlic, and ginger to create the glaze.
- 2 Pat the mackerel fillet dry and brush the glaze on both sides.
- 3 Preheat a grill or grill pan over medium-high heat.
- 4 Grill the mackerel for 3-4 minutes per side, or until cooked through and caramelized.
- 5 Remove from the grill and garnish with sesame seeds and green onions before serving.