



Mediterranean Style Mackerel

Prep Time 10 minutes

Cooking Time 30 minutes

Serves 2

Ingredients

- 2 x 400 g fresh Mackerel, cleaned and gutted
- 3 large cloves of garlic
- 1 t salt
- 1 t ground coriander
- ½ t ground cumin
- ¼ C finely chopped fresh parsley
- ¼ C finely chopped fresh dill
- 1 lemon thinly sliced
- Olive oil
- 3 T fresh lemon juice

Method

- Preheat oven to 180°C and place a roasting pan in to heat
- Crush the garlic to a paste with the salt (can use a mortar and Pestle) then add the coriander and cumin and combine. Mix through the parsley and dill.
- Pat the Mackerel dry inside and out and ensure that cavity is able to be opened. Salt inside and out and place on an oiled piece of foil large enough to enclose the whole fish.
- Stuff the cavity with lemon slices and the parsley and dill mixture
- Drizzle generously with olive oil
- Fold the foil over the fish and seal the top by folding to make sure the steam does not escape. Place on the heated roasting dish and bake for approx. 30 minutes until cooked.
- Serve with Mediterranean style salad